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38

Healthy in a Hurry Recipes

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Super New **Apple** Recipes
p.31

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SEPTEMBER 2012

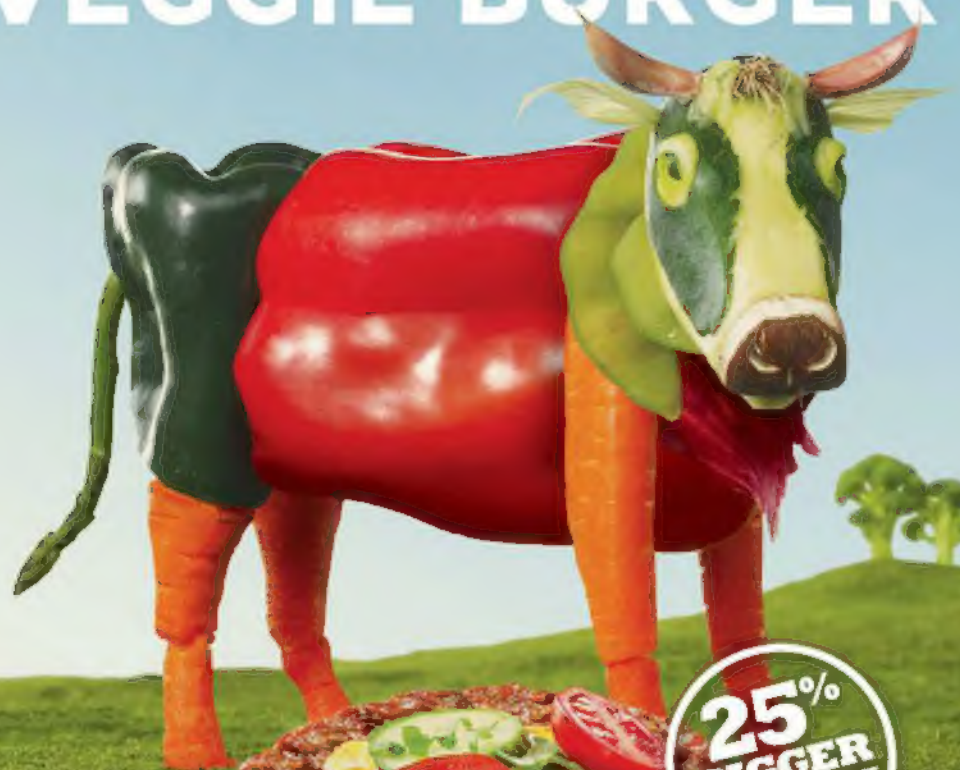
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Cover photograph by Erica Allen: McIntosh apples from Champlain Orchards, Shoreham, VT. Apple recipes: [pages 28, 31-33, 78, 81](#).
September/October 2012 Volume XI, Number 5

Recipe Index

38 RECIPES for fall's apple harvest, delicious make-ahead meals, quick 5-ingredient dinners, plus 4 new takes on jello

How We Test Recipes

- Each of our recipes is tested in the *EatingWell* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.
- Recipes tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on eatingwell.com.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (see Key, below) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons identify recipes that are most appropriate for certain eating goals. A recipe marked...

¢ [Budget Entree] costs less than \$3 per serving.

⌚ is ready to eat in 45 minutes or less.

🌿 Gluten-Free (see note, above)

hw [Healthy Weight] has reduced calories and limited saturated fat.

hff [High Fiber] provides significant total fiber.

hvh [Healthy Heart] has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit eatingwell.com/go/guidelines.

How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of summer 2012.

More Great Recipes

For more delicious *EatingWell* recipes, go to eatingwell.com/recipes.

		Daily Value (DV)							
PAGE	RECIPE	hw	ht	th	CALORIES DV: 2,000	FAT/SAT (g) DV: <65/20	CARBS (g) DV: 300	FIBER (g) DV: 25	SODIUM (mg) DV: <2,300
		✖	↑	♥					
	BREAKFAST								
32	¢ 🕒 Apple Oatmeal	•		•	207	1 / 0	46	4	166
	SALADS & SIDES								
33	🕒 Apple & Fennel Salad with Blue Cheese	•	•		174	14 / 3	11	3	269
32	🕒 Maple-Bacon Roasted Apples & Celeriac	•	•	•	236	8 / 2	40	5	392
14	🕒 Massaged Broccoli Rabe Salad	•		•	176	15 / 3	6	3	332
14	🕒 Massaged Kale Salad	•			185	15 / 3	9	2	321
14	🕒 Massaged Mustard Greens Salad	•	•		196	15 / 3	11	6	335
57	Smothered Green Beans with New Potatoes	•	•	•	88	2 / 1	14	3	272
	VEGETARIAN								
24	¢ 🕒 Chipotle-Orange Broccoli & Tofu	•		•	242	17 / 1	14	4	337
65	¢ Curried Lentil Stuffed Squash	•	•		415	12 / 6	65	13	674
67	¢ Mushroom & Cheddar Stuffed Onions				265	13 / 7	25	3	393
25	¢ 🕒 Spaghetti Genovese	•	•	•	333	12 / 3	47	10	438
74	Vegetarian Quinoa & Squash Casserole	•	•	•	438	11 / 1	76	14	741
	FISH & SEAFOOD								
56	Catfish Courtbouillon	•	•	•	380	20 / 3	22	5	617
55	🕒 Crawfish Etouffée	•		•	204	9 / 1	10	2	277
76	Fish & Mushroom Casserole with Crispy Phyllo	•		•	271	5 / 1	25	3	517
56	Grilled Redfish with Andouille & Shrimp Gouche Gouche	•		•	347	15 / 4	20	2	489
64	Oyster-Stuffed Artichokes	•	•	•	389	15 / 4	45	13	735
58	Seafood Gumbo	•	•	•	246	10 / 1	21	5	731
29	🕒 Seared Salmon with Green Peppercorn Sauce	•		•	226	11 / 4	1	0	269
29	🕒 Seared Salmon with Green Peppercorn Sauce for Two	•		•	193	10 / 4	1	0	309
39	¢ 🕒 White Pizza with Clams				365	17 / 4	39	2	612
	POULTRY								
72	Chicken Potpie with Biscuits		•	•	584	25 / 7	59	7	708
36	¢ 🕒 Grilled Thai Chicken Sandwich			•	410	17 / 3	44	4	447
37	¢ 🕒 Jerk Chicken Pockets			•	358	11 / 1	49	3	547
26	¢ 🕒 Roast Chicken & Sweet Potatoes	•	•	•	408	17 / 4	34	5	554
76	Sauerkraut & Sausage Casserole	•	•	•	273	7 / 3	36	5	675
	MEAT								
75	¢ Broccoli, Ham & Cheese Quiche	•			296	16 / 7	17	2	603
72	¢ EatingWell Meat Pie	•			386	15 / 6	37	3	445
64	¢ Lebanese Cabbage Rolls			•	521	30 / 11	38	11	642
66	Paprika-Spiced Stuffed Peppers	•	•	•	430	17 / 7	40	7	692
68	Pork & Shrimp Stuffed Eggplant	•	•		378	17 / 6	36	6	748
28	¢ 🕒 Pork, Apple & Miso Noodle Soup		•	•	406	9 / 2	57	8	767
28	¢ 🕒 Pork, Apple & Miso Noodle Soup for Two		•	•	406	9 / 2	57	8	767
36	¢ 🕒 Salami & Spinach Stromboli	•			327	13 / 4	43	3	786
	DESSERTS								
32	🕒 Caramel Apples	•	•		225	6 / 3	44	4	54
81	Champagne Raspberry Jello	•		•	88	0 / 0	16	2	7
59	Gâteau de Sirop		•		327	13 / 3	51	3	162
81	Lime & Orange Jello	•		•	84	0 / 0	20	1	7
81	Mango-Strawberry Jello	•		•	89	0 / 0	21	1	7
81	Sangria Jello	•		•	94	0 / 0	18	0	11



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This issue celebrates all that my mother came to love about convenience cooking, but with a healthier, modern twist.

Make It Easy

My mother was of the generation that when she married she halted her burgeoning career as a computer programmer to raise three children. She was a good cook, following recipes with the same diligence and efficiency once used for writing code.

But she was always looking for a shortcut, something that might give her more time to stretch her amazing brain in ways that did not involve crayons. It was an era when convenience foods—canned soup and premade dishes—were popular. She welcomed them.

This issue celebrates (with healthier versions!) all that my mother came to love about convenience cooking, but with a modern twist: **1) new ways to use store-bought pizza dough, 2) easy make-ahead casseroles, 3) 5-ingredient dinners, and 4) jello—yes, jello!—desserts.**



Simple secrets and easy shortcuts put dinner on the table in a flash.

When I learned to cook, I did not inherit her left-brain rigor or efficiency. I tried to make crazy wild things with long French names and 19 ingredients—of which I had 12. I didn't have a family then. Cooking to me was something like Expressionist painting. I was equally bad at both. Dinner was like recipe roulette. "Keep it simple!" Mom kept saying when I'd call her following yet another dinner disaster. "Make it easy on yourself!"

Then, one day recently, after decades of living on my own, I found myself married to a man with three daughters. I could no longer arrive home from work at 9 p.m. and spend two hours finding new ways to burn a soufflé. I needed quick. I needed easy. I needed foolproof. So I went back to Mom's advice and to our Test Kitchen. Now, armed with this issue, dinner looks easy.

Santé,

Lisa Gosselin

Lisa Gosselin, Editorial Director
editor@eatingwell.com

The Checklist

✓ Make Our Best Fall

Recipes: Get our recipes for slow-cooker Hungarian Beef Goulash & more at eatingwell.com/go/fall



✓ Clean Up Your Diet:

Find out which 6 foods you should cut back on to clean up your diet at eatingwell.com/go/eatclean

✓ Become a Better Cook:

Watch our new video series, "10 Secrets of Healthy Cooking" with food editor Jessie Price, at eatingwell.com/go/videos



✓ Refresh Your Fridge with Healthy Foods:

Join our Keep it Fresh Challenge at eatingwell.com/go/keepitfresh



✓ Get a Free Cookbook:

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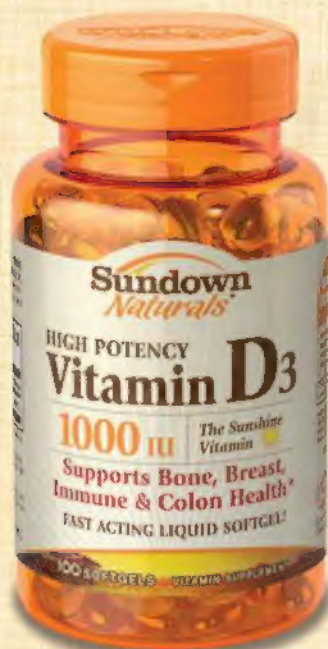
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Christopher Boffoli
Portion Distortion

Using miniature figurines pulled from train sets, Seattle artist Christopher Boffoli shows the outsized role sugar plays in our lives in "Solving the Sugar Puzzle" (page 40). The images are part of a hilariously captioned series he calls "Big Appetites," on exhibit in galleries in New York, Toronto, Seattle and London, and available as notecards or prints at bigappetites.net.



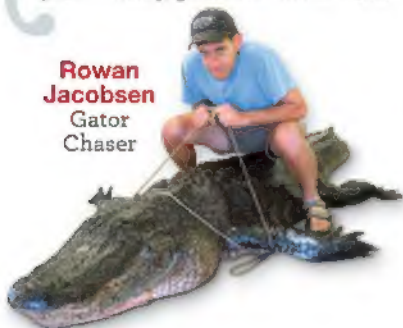
Carin Krasner
Veggie Love

Los Angeles photographer Carin Krasner was ready for a challenge when she took on stuffed vegetables for our story "A Full Harvest" (page 60). But it turns out bringing chef Bruce Aidells's recipes to vivid life couldn't have been easier. "All the colors and shapes of the vegetables were beautiful!" she gushes. What was her favorite? "The eggplant—delicious!"

Back Story

While in Louisiana for "Simply Cajun" (page 50), Rowan Jacobsen, the James Beard Award-winning author of *American Terroir*, met this beast at a processing plant. "The man at the plant told me to watch out," he says. "Once, when he pulled a frozen carcass out of the back of the pickup truck it arrived in, the gator came alive and chased him around the plant." Luckily, gator's not on our menu.

Rowan Jacobsen
Gator Chaser



Feedback

"Your magazine has the best-tasting, most consistent, informational and most healthy recipes I have EVER found. Thanks for making the world a better place."

—Paula Whiteley, via e-mail

"I made awesome vegetarian rolls with local Swiss chard from 'Sushi for the Future.' More such creative, uncomplicated articles are in order. Kudos to chef Bun Lai!" —Steve Fowler, via e-mail

"Thank you for 'Sweet Summer Corn.' I shared this article with my students as we had been discussing GMOs and the importance of becoming a locavore. We devoured the pages and learned a lot!" —Rita Chimienti, Santa Clara, CA

Corrections: In "What We've Learned: Our 10 Essential Nutrition Lessons" (July/August), Lesson #2, Penny Kris-Etherton's quote should have read "aim for about 30 percent of calories from fat." In "Sweet Summer Corn," John Laughnan's name was misspelled.



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1 Roast as a Side.

Cut a 1½- to 2-lb. pumpkin into ½-inch pieces. Toss with 2 Tbsp. oil, ¼ tsp salt and pepper. Roast at 375°F, stirring once, until tender, 15 to 25 minutes.

2 Snack on Seeds.

Mix 1 cup cleaned seeds, 1 tsp. canola oil and ¼ tsp. salt; spread on a baking sheet. Bake at 350°F for 20 minutes.

Sweet on Pumpkins

Pumpkin has a luscious, nutty texture and earthy taste, mixed with the ripe sweetness of autumn. And while the roasted version is quite convenient, don't be afraid to cook the vegetable other ways. Preparing pumpkin is easy. The trick is in starting with the right variety: those big jack-o'-lantern breeds might look great on your porch, but they're bred for durability, not eating. Instead, opt for smaller "sugar pie" varieties—they have a smoother texture and are deliciously sweet. Or try the increasingly popular white Lumina pumpkins, which taste like candy and have orange, sweet flesh beneath their pale skin. For a fun twist, use softball-sized mini pumpkins (like the splashy Tiger pumpkin shown here).

Whatever you pick, make sure it's firm and without soft spots. Check that the stem is attached, too, as this can be a source of rot. In cool conditions, pumpkins keep for months without rotting (they love a 50-degree porch). In fact some get sweeter over time, so don't feel pressured to bake pies on the spot. If you're buying pumpkins, And remember to appreciate pumpkin's health benefits: It's packed with dietary fiber and is a great source of vitamin A, which promotes good vision.

3 Puree for a Pie.

Pumpkin halved, seeded pumpkin, cut side down, in a steamer basket, cover and cook over boiling water until tender, 15 to 20 minutes. When cool, scoop the flesh into a food processor, puree. Freeze measured portions for use in desserts and soups.

10 Pumpkin Desserts

Use your pumpkin puree in Chocolate-Pumpkin Bread Cake and more at eatingwell.com/go/pumpkin



Growing Better Farms

Can this woman make the farm bill fertile for small farms?

Chellie Pingree (D-ME) is not only a seasoned two-term Congresswoman, she's also a lifelong small-scale farmer. She has 200 acres on the windswept hills of Maine's coast that provide organic milk, vegetables, chickens and goat cheese to Nebo Lodge, which Pingree co-owns, as well as to local schools and markets. So she was a natural for us to interview about the Food, Conservation, and Energy Act of 2008, which expires on September 30. The so-called "farm bill" outlines federal spending for everything from subsidies for corn and soybeans to food stamps and nutritional programs, costing taxpayers \$56.8 billion per year. Her Local Farms, Food, and Jobs Act attempts to tweak the law with a package of reforms intended to foster a new generation of wholesome food.

—Rachael Moeller Gorman

What are some of the biggest problems with the current farm bill? For a long time the politics of the farm bill have been controlled by big commodity crops: wheat, corn and rice get all the big subsidies, over \$10 billion per year.

But people really want to invest our tax dollars differently...They want healthier, locally grown food. The consumer demand is really high.

What other parts of the farm bill would you like to improve?

Helping to promote farmers' markets and making it easier for people to use food stamps there. Helping school lunch programs buy more food locally. Increasing value-added producer grants for, say, putting in a certified creamery so farmers can make their own cheese and sell it at the farmers' market. You've just enhanced income and produced a new product; maybe you employ another person on your farm. These things sound little, but when added up I think they equal like 10,000 potential jobs.

Are you hopeful that your provisions will be included in the final bill? We're a long ways from the end, but we're feeling positive. There's a revolution out there, people of all economic brackets, all ages, are really engaged in where their food comes from, in a way you wouldn't have seen five years ago.

Fronds with Benefits

Don't toss your tops! When you bring home veggies and they have a leafy green bonus attached, don't trash the tops—use them! You can cut down on food waste and save money on produce.

Radish leaves have a pungent and peppery flavor similar to arugula. A favorite in Asian cooking, they're great in a stir-fry.

A staple of Greek cooking, fennel's feathery green fronds have a bold anise flavor. Use a little as an herb to season fish or gazpacho.

Be sure to make use of the zesty green tops of mild spring onions—try them sautéed in a frittata or minced into a salad dressing.

Fans of chard will love beet greens, which have a similar earthy, mineral flavor. Slice them thinly and add to green salads.

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Squeeze Your Greens

This new, no-cook technique turns hearty fall greens into a tender salad in minutes

There's an amazing tool for transforming bitter, dark leafy greens into a tender, melts-in-your-mouth salad packed with punchy citrus, garlic and Parmesan. And it's only an arm's length away: your hands! A few minutes of fabulous massaging (think rolling, not Reiki) will completely transform kale, mustard greens or broccoli rabe into something velvety and eat. The secret is in the squeezing; by doing so you actually start to break down the cell walls, releasing enzymes that spit out the bitter-tasting compounds. That's great news for anyone who's wanted to enjoy these greens' amazing benefits (they're packed with dietary fiber and bone-healthy vitamin K) but couldn't learn to love the taste. Turns out that if you want your greens to mellow out, all you have to do is give them a massage. —Matt Thompson

1 Prep

Start with 2 bunches of kale, mustard greens or broccoli rabe. Strip kale or mustard leaves from their thick stems. For broccoli rabe, separate the florets from the stems; cut large florets into 1-inch pieces. Wash and dry thoroughly. Place the greens in a large bowl and place

2 Season

Add $\frac{1}{2}$ cup freshly grated Parmesan cheese, $\frac{1}{4}$ cup extra-virgin olive oil, $\frac{1}{4}$ cup lemon juice, 2 minced garlic cloves, 1 tablespoon reduced-sodium soy sauce, 1 minced anchovy fillet (optional), 1 teaspoon freshly ground pepper and $\frac{1}{4}$ teaspoon salt to the greens.

3 Massage

With clean hands, firmly massage and crush the greens until the volume is reduced by about half in 1 to 2 minutes. They should look a little darker and somewhat shiny and have a silky-soft texture.

Makes 2 servings, about 2 cups each.

(See page 2 for nutrition analysis.)



Try our Spinach Salad Gnocchi with Citrus & White Beans & more recipes at eatingwell.com/go/greens



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O-Mega Healthy

More ways to get this super-healthy nutrient every day

Omega-3 fats are a nutrient powerhouse, shown to improve heart health and mood. Of the omega-3s, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) are the most impressive. "They are longer than other omega-3s (like alpha-linolenic acid, or ALA), so they make your cell membranes more fluid, which helps brain, eye and nerve cells function better," says Kantha Shelke, Ph.D., a spokesperson for the Institute of Food Technologists. Yet most Americans only get 100 mg a day of DHA/EPA, far short of the recommended 250 mg. Find out how you can get more below.

—Amy Paturel, M.S., M.P.H.



Food sources	Where's the DHA/EPA from?	Amount	DHA/EPA
Natural			
Cold-water fish	Wild fish make DHA/EPA from the algae they eat.	4 oz.	2,085 mg (salmon) 1,110 mg (sardines) 305 mg (light tuna)
Seaweed (nori) & kelp (wakame, kombu or dulse)	Both are algae, which produce some DHA/EPA	1 oz.	4,134 mg
Fortified			
Eggs	Chickens turn some of the omega-3s from flaxseed in their feed into DHA/EPA.	1 large egg	30-150 mg omega-3s (some of which is DHA/EPA)
Milk	Added fish oil (anchovy & sardine) or algal oil.	1 cup	30-50 mg
Peanut butter	Added fish oil.	2 Tbsp.	32 mg

Bottom line: Cold-water fish is the best source. "Nature packages nutrients like DHA/EPA with other substances like fat that facilitate absorption and effectiveness," says Shelke. Fortified foods or a supplement can help up your intake.

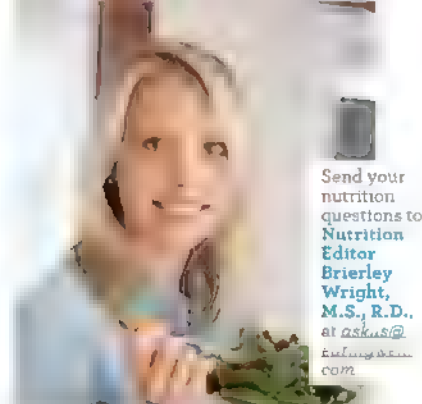


Taking HDL to Heart

Inheriting genes linked with high HDL—the "good" cholesterol—doesn't give you license to lie around. A new study in *The Lancet* debunked the idea that high HDL directly protects against heart disease (having the genes wasn't tied to lower rates of heart disease). To protect your heart, you still need to exercise. —Lisa D'Agrosa, R.D.

Lower Your Cholesterol with These Superfoods

Check out 7 foods that can lower your cholesterol naturally at eatingwell.com/go/cholesterol



Send your nutrition questions to Nutrition Editor Brierley Wright, M.S., R.D., at askus@eatingwell.com

Ask Brierley

Q. Can I boost my immune system with probiotics?

—Paul V., Boston, MA

Here's an instance where you can feel good about bugs in your food: probiotics—the live microorganisms found in fermented foods, such as yogurt, kefir, miso, tempeh and sauerkraut—may help your immunity.

In one study, participants who took a probiotic supplement (50 million cultures of *Lactobacillus gasseri*, *Bifidobacterium longum* and *B. Bifidum*) over two winter/spring seasons shortened any colds they got by about two days and lessened their symptoms, compared to those who took a placebo. Additional research—reviewed in *Pharmacological Research*—found that *L. Casei* (often added to yogurt) boosts T cell production, our immune system's specific, targeted line of defense.

Scientists think probiotics help your GI tract's natural bacteria to block pathogens from being absorbed.

Though the research is promising, we don't fully know why certain strains work or how many we actually get in a product. (Yogurt labeled with the "Live & Active Culture" seal, however, guarantees 100 million cultures per gram—about 17 billion cultures in a 6-ounce cup, at manufacturing time.) Even if a number is listed, some of the probiotics may naturally die during storage or be destroyed during digestion. We also don't know how many probiotics are needed to be effective (some say it's the amount in a spoonful of yogurt, others say you need a cup).

Bottom Line: Stick to probiotics from fermented foods. You'll get a dose of healthy bacteria plus other good-for-you nutrients (think: calcium in yogurt, etc.) Supplements might help, but they may not deliver the strain or dose promised.

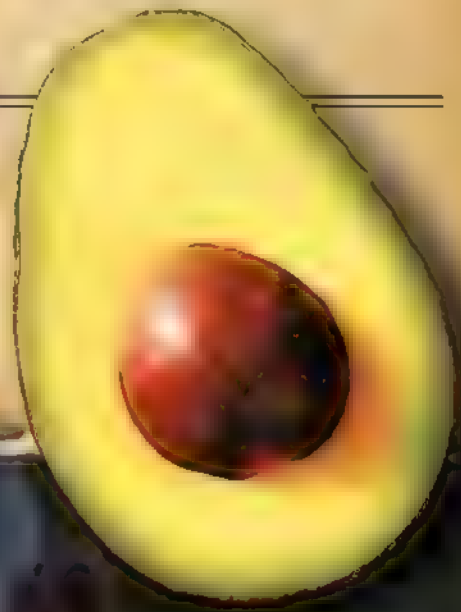


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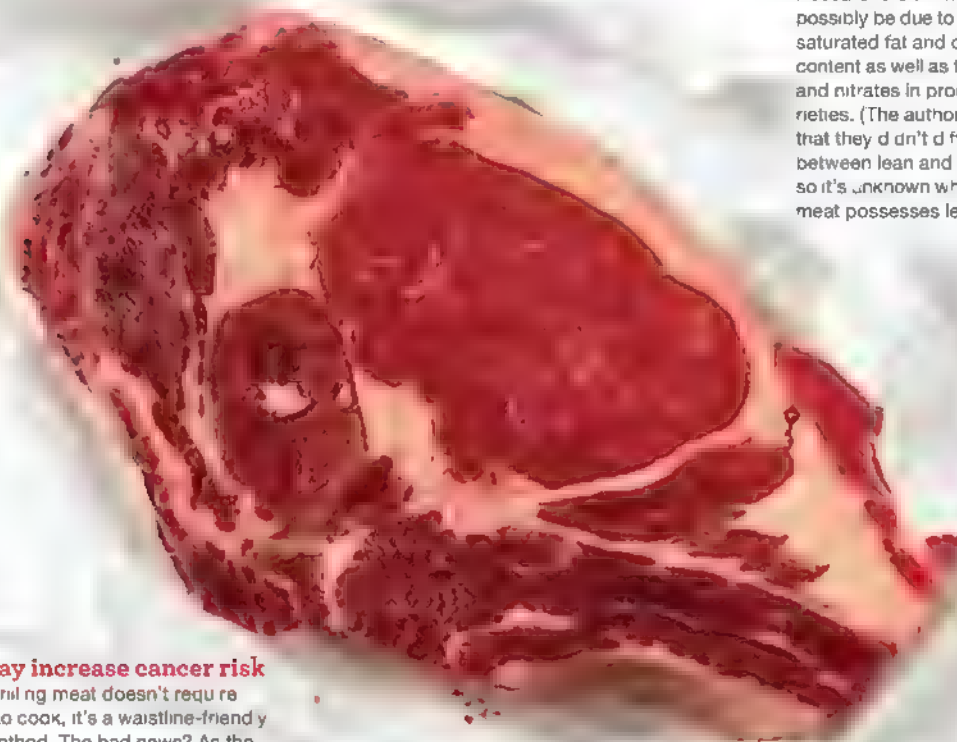
DAN PINKERTON
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What's the Beef?

New studies are fueling the debate over the pros and cons of red meat. Can you now have your steak and eat it too? We slice through the latest research. — Jessica Girdwan

✓ **PRO: May protect your heart** When 35 people with high cholesterol following a diet of mostly fruits, vegetables, whole grains and legumes ate 4 to 5.5 ounces of lean beef a day, they lowered their “bad” LDL cholesterol by about 10 percent, writes researcher Michael Roussel, Ph.D., in the January 2012 *American Journal of Clinical Nutrition*. What’s more, the fat content—called triglycerides—inside their HDL particles decreased, which may help HDL particles to better scavenge excess cholesterol and carry it out of the bloodstream. Roussel attributes his findings to beef’s unique fat profile. Beef contains two fats—stearic acid, a saturated fat, and oleic acid, a monounsaturated fat (found in olive oil) that have been shown to help improve cholesterol levels. However, beef also contains other kinds of saturated fat—like palmitic acid and myristic acid—that raise cholesterol.

✗ **CON: May increase mortality** A March 2012 study from Harvard found that eating one serving (3 oz.) per day of red meat is associated with a 13 percent higher risk of death. Eat one serving of processed red meat daily (like 2 slices of bacon or one hot dog) and that risk jumps to 20 percent. Researchers think that could possibly be due to red meat’s saturated fat and cholesterol content as well as the sodium and nitrates in processed varieties. (The authors point out that they didn’t differentiate between lean and fatty cuts, so it’s unknown whether lean meat possesses less risk.)



✗ **CON: May increase cancer risk** Because grilling meat doesn’t require added fat to cook, it’s a waistline-friendly cooking method. The bad news? As the drippings melt off and hit the fire below, compounds called heterocyclic amines (HCAs) are created and drift back up into the meat. Research has linked HCAs to cancer, says Roussel. Try adding dried rosemary to your favorite marinade before grilling, which one study in *The Journal of Food Science* found reduced the formation of HCAs by 60 percent. And avoid eating the crispy, charred bits.

✓ **PRO: May lift your mood** In a new Australian study, women who reported eating 1 to 2 ounces of beef or lamb a day were half as likely to have major depression or anxiety disorder compared to those who ate less than 1 ounce daily. That may be because beef and lamb in Australia are typically grass-fed, “which means their meat is higher in omega-3 fatty acids, which appear to be protective against anxiety and depression,” says lead author Felice Jacka, Ph.D., of Deakin University’s School of Medicine.

Bottom Line: Two 3- to 4-ounce portions of red meat per week is considered healthy, says Roussel. To keep calories and saturated fat in check, buy lean cuts, such as flank steak, New York strip and tenderloin, and trim off excess fat.



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Green and Clean

These eco-friendly swaps are good for the environment, but make sure they are also healthy for you. Here's how:

1 You use reusable bags at the grocery store.

Most plastic bags don't biodegrade, so reusable ones are a smart option. But when researchers tested reusable bags shoppers were using, almost all had large numbers of fecal bacteria, according to a 2011 study in *Food Protection Trends*. "Some bags had more *E. coli* than underwear," says Charles P. Gerba, Ph.D., study co-author and environmental microbiologist at the University of Arizona in Tucson. Even worse? Bacteria increased tenfold when used bags sat in warm car trunks for two hours.

The solution: Wash bags regularly—and after each use if they carried meat products. "Most of the bacteria came from meat," Gerba says. Machine washing in hot water is best, so Gerba recommends cloth bags.

2 You've replaced sponges with dishrags.

Dishrags are stored in damp, warm environments, where germs love to breed. Plus most people don't routinely disinfect them. More than 75 percent of dishrags were found to be infected with coliform bacteria—a group that includes *E. coli* and *Salmonella*—in one 2011 study from NSF International, an independent public health organization.

The solution: Replace dishrags every day or two. Wash dirty ones with bleach in hot water. Or use a washing machine with the NSF certification mark, which guarantees that it will sanitize and remove virtually all germs, eliminating the need for bleach.

3 You ditched disposable water bottles for a reusable one.

Using your own water bottle can keep 92 plastic ones from heading to the landfill each year, but make sure to keep it clean. If that bottle has a cap with a spout, your hands could corrupt it with germs when you pull it open.

The solution: Wash the bottle often, especially the cap, Gerba says. If you're sharing it, wash it after each use. Even better, use a bottle with a screw top, which doesn't pose as big a threat for germs. —Karen Asp

Join a Crop Mob!

Nothing builds ties like pulling potatoes with your neighbors. That's exactly what a few North Carolina farmers discovered in 2008, when they started throwing on-farm work parties to help each other complete projects. Since then, so-called "crop mobs" have caught on throughout the country. And it's not just farmers getting their hands dirty; you can too. Volunteers help spread mulch, build fences, pull weeds and harvest crops. Though helpers shouldn't expect anything in return, the bonds made are real. Get more information at cropmob.org. —Emily Horton



Trash Can or Sponge?

Find out which is the germiest spot in your kitchen at eatingwell.com/go/kitchenthreats

Save \$3,392 on Lunch

Packing lunch can save you money—but how much? We used prices from a national online grocer and the menus of popular lunch chains to estimate the annual savings if you bring items from home every day of the work week rather than buying them out—and came up with some suggestions for what to do with all that extra cash.

—Lisa D'Agrosa, R.D.

Coffee-shop coffee: \$2.19

Coffee at home: \$0.30

Yearly Savings: \$491

Die-Cast Automatic

Pump Espresso Maker: \$499

Bottled water: \$1.55

Water: \$0

Yearly Savings: \$403

Weekend Spa Package: \$375

Bowl of deli black bean soup: \$4.59

Cost to make your own: \$1.22

Yearly Savings: \$876

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Ovens: \$815

Hummus & carrots prepack: \$2.00

Cost to make your own: \$1.00

Chicken Caesar Salad: \$7.79

Cost to make your own: \$2.55

Yearly Savings: \$1,622

Share in Year-Long CSA: \$1,560

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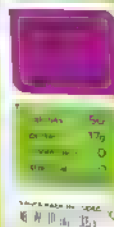
mandarin orange dinner



asian chick'n stir fry



mandarin orange
crispy chick'n

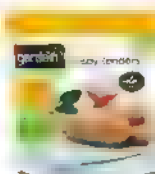


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healthy in a hurry

weeknights p 24

5-Ingredient Fall Suppers

fresh picks p 31

An Apple Renaissance

4 ways p 34

Versatile Who e-Wheat
Pizza Dough



ultra-quick friday
Seared Salmon with
Green Peppercorn Sauce

How long it takes to make **minute**



Chipotle-Orange Broccoli
& Tofu

meatless monday

tuesday

wednesday

thursday

friday



✓ Rich in wrinkle-fighting vitamin C

Chipotle-Orange
Broccoli & Tofu

hkw hvh

Makes: 4 servings, about 1¼ cups each

Active time: 30 minutes Total: 30 minutes

Cost per serving: under \$1.50

We like the kick that chipotle peppers add to this boldly flavored vegetarian sauté. If you're shy about spice, cut back on the amount or leave them out completely.

serve with: Brown basmati rice.

- 1 14-ounce package extra-firm water-packed tofu
- ¼ teaspoon salt, divided
- 3 tablespoons canola oil, divided
- 6 cups broccoli florets
- 1 cup orange juice
- 1 tablespoon minced chipotle in adobo (see Tip, page 25), seeded if desired
- ½ cup chopped fresh cilantro

5-Ingredient Fall Suppers

Convenient, comforting meals—and a short shopping list

My sister has been known to call me lazy, but I think that's too pejorative. Just because my motto is "There must be an easier way to do this," that doesn't mean I'm lazy: I just appreciate a good shortcut. This month's shortcut: dinner recipes with an ingredient list I can count on one hand.

Each of the dinners here has just five ingredients (not counting oil, water, salt and pepper, which I don't—those are just things you never seem to run out of). That kind of simplicity means a lot less work. I only have to remember five things to buy per recipe—and, just about all of the ingredients are in the title. That means my shopping list is short and it's just not going to cost me that much to make dinner tonight. I'm in and out of the store (yes, express checkout!) and home cooking in a flash.

And none of these recipes are short on flavor. Far from it: Fancy-sounding Seared Salmon with Green Peppercorn Sauce actually has only four ingredients to shop for and takes just 15 minutes to make. Roast Chicken & Sweet Potatoes also takes just 15 minutes of kitchen time, then gives me half an hour while it's in the oven to do other things. Like calling my sister to brag about what I'm making for dinner. —Wendy Ruopp

1. Drain tofu and pat dry; cut into ½- to ¾-inch cubes. Sprinkle tofu on all sides with ¼ teaspoon salt. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat. Add tofu and cook in a single layer, stirring every couple of minutes, until golden brown, 7 to 9 minutes total. Transfer to a plate.

2. Add the remaining 1 tablespoon oil and broccoli to the pan and sprinkle with the remaining ¼ teaspoon salt; cook, stirring,

until the broccoli is bright green, about 1 minute. Add orange juice and chipotle and cook, stirring frequently, until the broccoli is just tender, 2 to 3 minutes more.

3. Return the tofu to the pan. Cook, gently stirring, until the tofu is heated through, 1 to 2 minutes. Remove from the heat and stir in cilantro.

Per serving: 242 calories; 17 g fat (1 g sat, 11 g mono); 0 mg cholesterol; 14 g carbohydrate, 0 g added sugars; 13 g protein; 4 g fiber; 337 mg sodium; 612 mg potassium.

Nutrition bonus: Vitamin C (219% daily value), Vitamin A (69% dv), Folate (28% dv), Calcium (24% dv), Magnesium (22% dv), Potassium (18% dv), Iron (17% dv).

Tip: Look for the small cans of chipotle chiles in adobo sauce with Mexican foods at large supermarkets.

Spaghetti Genovese

h*W h*f h*h

Makes: 5 servings, about 1½ cups each

Active time: 30 minutes **Total:** 30 minutes

Cost per serving: under \$2

Traditionally, this Italian dish combines pasta and pesto often with potatoes and green beans. In our version we give pesto

a nutritional boost by adding spinach and toss it all together with fiber-rich whole-wheat pasta for a warm, comforting weeknight meal. **serve with:** Escarole and radicchio salad and a glass of pinot grigio.

2 cups packed baby spinach

8 ounces whole-wheat spaghetti

1 cup thinly sliced new or baby potatoes (about 4 ounces)

1 pound green beans, trimmed and cut into 1-inch pieces

½ cup prepared pesto

1 teaspoon freshly ground pepper

½ teaspoon salt

1. Bring a large pot of water to a boil over medium-high heat. Add spinach and cook just until wilted, about 45 seconds. Use

a slotted spoon or fine sieve to transfer the spinach to a blender. Return the water to a boil and add spaghetti and potatoes. Cook, stirring once or twice, until almost tender, 6 to 7 minutes. Add green beans and cook until tender, 3 to 4 minutes more. 2. When the spaghetti and vegetables are almost done, carefully scoop out 1 cup of the cooking liquid from the pot. Pour ½ cup of the liquid into the blender and add pesto, pepper and salt. Blend until smooth, stopping to scrape down the sides as necessary.

3. Drain the spaghetti and vegetables and return to the pot; stir in the pesto mixture. Cook over medium heat, stirring gently, until the sauce is thickened and the pasta is hot, 1 to 2 minutes. Add more of the cooking liquid, as desired, for a thinner sauce.

30-minute tuesday
Spaghetti Genovese

Shopping List for the Week

Produce

- 2 Granny Smith apples
- 2 lemons
- 1 large head broccoli
- 1 pound green beans
- 1 large red onion
- 4 ounces new potatoes
- 2 cups baby spinach
- 2 medium sweet potatoes
- 1 bunch cilantro
- 1 bunch thyme

Dry Goods

- 1 can chipotle peppers in adobo
- 1 jar green peppercorns in vinegar
- 1 box reduced-sodium chicken broth
- 8 ounces whole-wheat udon noodles
- 8 ounces whole-wheat spaghetti
- whole-grain mustard

Dairy & Refrigerated

Meat & Seafood

- 1½ pounds bone-in chicken thighs
- 1¼ pounds wild salmon
- 12 ounces lean ground pork

- 1 14-ounce block extra-firm tofu
- 1 tub white miso
- 1 tub prepared pesto
- orange juice
- unsalted butter

Total: \$49



Get the Shopping List

To get a downloadable PDF of the shopping list, go to eatingwell.com/go/shoppinglist



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Traditional Pizza Sauce



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one-pan wednesday
Roast Chicken & Sweet Potatoes

Per serving: 333 calories; 12 g fat (3 g sat, 7 g mono); 8 mg cholesterol; 47 g carbohydrate; 0 g added sugars, 14 g protein, 10 g fiber; 438 mg sodium; 455 mg potassium. **Nutrition bonus:** Vitamin A (37% daily value), Magnesium (27% dv), Calcium (25% dv), Vitamin C (22% dv), Iron (21% dv), Folate (20% dv).

Roast Chicken & Sweet Potatoes

hW hF hWh

Makes: 4 servings

Active time: 15 minutes **Total:** 45 minutes

Cost per serving: under \$3

Caramelized sweet potatoes and red onion are the bed for bone-in chicken thighs that cook up fast in a very hot oven—

perfect for a weeknight meal. **serve with:** A fal. salad of mixed greens, sliced apples and blue cheese.

- 2 tablespoons whole-grain or Dijon mustard
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried
- 2 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- 1½-2 pounds bone-in chicken thighs, skin removed
- 2 medium sweet potatoes, peeled and cut into 1-inch pieces
- 1 large red onion, cut into 1-inch wedges

Cook Dinner Faster

Associate food editor H. Mary Meyer shares her 4 best time-saving cooking tips at eatingwell.com/go/fastdinner



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quick-prep thursday
Pork, Apple & Miso Noodle Soup

make this for 2:

Halve all the ingredients in the recipe and prepare in a medium saucepan.

1. Position rack in lower third of oven, preheat to 450°F. Place a large rimmed baking sheet in the oven to preheat.

2. Combine mustard, thyme, 1 tablespoon oil and ¼ teaspoon each salt and pepper in a small bowl; spread the mixture evenly on chicken.

3. Toss sweet potatoes and onion in a bowl with the remaining 1 tablespoon oil and ¼ teaspoon each salt and pepper. Carefully remove the baking sheet from the oven and spread the vegetables on it. Place the chicken on top of the vegetables.

4. Return the pan to the oven and roast, stirring the vegetables once halfway through, until the vegetables are tender and beginning to brown and an instant-read thermometer inserted into a chicken thigh registers 165°F, 30 to 35 minutes.

Per serving: 408 calories; 17 g fat (4 g sat, 9 g mono); 86 mg cholesterol; 34 g carbohydrate; 0 g added sugars; 27 g protein; 5 g fiber; 554 mg sodium; 636 mg potassium.

Nutrition bonus: Vitamin A (449% daily value), Vitamin C (44% dv), Zinc (20% dv), Potassium (19% dv), Iron (16% dv).

Pork, Apple & Miso Noodle Soup

hff hvh

Makes: 4 servings, about 2 cups each

Active time: 15 minutes **Total:** 35 minutes

Cost per serving: under \$2

Apples and mild white miso lightly sweeten this easy one-pot soup. It's got plenty of flavor with few ingredients, but feel free to add sliced scallions for a refreshing crunch or a dash of hot sauce for zing. **serve with:** Toasted baguette with melted Cheddar cheese and a watercress salad.

- 1 tablespoon canola oil
- 12 ounces lean ground pork (see Tip, page 82)
- 2 tart, firm apples, peeled and chopped
- 2 cups reduced-sodium chicken broth
- 4 cups water
- 8 ounces udon noodles, preferably whole-wheat
- ¼ cup white miso (see Tip, opposite)



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1. Heat oil in a large saucepan over medium-high heat. Add pork and cook, stirring occasionally, until no longer pink on the outside, about 2 minutes. Stir in apples and cook, stirring occasionally, until just beginning to soften, about 2 minutes more. Add broth and water; bring to a boil. Add noodles and cook according to the package directions, stirring occasionally.

2. When the noodles are almost done, carefully scoop out about $\frac{1}{2}$ cup of the cooking liquid from the pan and combine with miso. Stir the miso mixture into the soup and remove from the heat. Serve immediately.

Per serving: 406 calories; 9 g fat (2 g sat, 2 g mono); 49 mg cholesterol; 57 g carbohydrate; 0 g added sugars; 27 g protein; 8 g fiber; 767 mg sodium; 479 mg potassium. **Nutrition bonus:** Magnesium (25% daily value), Zinc (19% dv), Iron (17% dv).

Tip: White or sweet miso (Shiromiso), made with soy and rice, is yellow and mild in flavor. Look for it near tofu at well-stocked supermarkets. It will keep in the refrigerator for at least a year.

Seared Salmon with Green Peppercorn Sauce

hW hW

Makes: 4 servings

Active time: 15 minutes **Total:** 15 minutes

Cost per serving: under \$4.50

Green peppercorns come from the same plant as black ones, but are harvested before they mature. Typically packed in vinegar, they have a refreshing sharp flavor. Look for them near the capers in most supermarkets. (Photograph: page 23.) **serve with:** Smashed red potatoes and sautéed kale.

- 1½ pounds wild salmon fillet, skinned and cut into 4 portions
- ¼ teaspoon plus a pinch of salt, divided
- 2 teaspoons canola oil
- ¼ cup lemon juice
- 4 teaspoons unsalted butter, cut into small pieces
- 1 teaspoon green peppercorns in vinegar, rinsed and crushed

Sprinkle the salmon pieces with $\frac{1}{4}$ teaspoon salt. Heat oil in a large nonstick skillet over medium-high heat. Add the salmon and cook until just opaque in the center, gently turning halfway, 4 to 7 minutes total. Divide among 4 plates. Remove the pan from the heat and immediately add lemon juice, butter, peppercorns and the remaining pinch of salt; swirl the pan carefully to incorporate the butter into the sauce. Top each portion of fish with sauce (about 2 teaspoons each).

Per serving: 226 calories; 11 g fat (4 g sat, 4 g mono); 76 mg cholesterol; 1 g carbohydrate; 0 g added sugars; 28 g protein; 0 g fiber; 269 mg sodium; 543 mg potassium. **Nutrition bonus:** Potassium (16% daily value), omega-3s.

Halve all the ingredients in the recipe, using 8–10 ounces of salmon. Sprinkle $\frac{1}{4}$ teaspoon salt on the fish and use a pinch in the sauce. Prepare in a small nonstick skillet. 

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An Apple Renaissance

Roll over, Red Delicious: there's a host of tasty new apple varieties to try

In autumn, orchards swell with perfectly ripe, color-splashed apples. And though they come in a host of tasty varieties, for many the belle of the ball is a relatively new arrival, the Honeycrisp. Perfectly snappy and just a little tart, the Honeycrisp has taken America by storm, with roughly 693 million apples sold in the last year alone—up 25 percent from the year before. There's a reason for all the love. As the apple's cultivator David Bedford explains, Honeycrisps have cells twice the size of a normal fruit—so, twice as packed with juice—and strong cell walls that shatter rather than fall apart when bitten into. The result? As Bedford puts it: "They defined a new category of crisp... we had to coin the term 'explosively crisp' to describe them."

In the wake of Honeycrisp's success, a bushel basket of new apple varieties have made their way to market over the last few years. These include juicy floral Jazz, firm Ambrosia, delicate, almost tropical Pinata and the Honeycrisp descendent Sweetango. You might not be able to find every new variety where you live, but you'll certainly be able to find some. When you do, we've got the perfect recipes for them (check the recipe notes for suggestions on specific varieties to use). Add a few to our zippy Apple & Fennel Salad with Blue Cheese or savor them in our slick-to-your-ribs Apple Oatmeal (page 32). Whatever you choose, be sure to get them soon. There's only so long that these apples are at their peak flavor and it would be a shame to miss out. —Matt Thompson





Caramel Apples ☺

h&w h&f

Makes: 6 servings

Active time: 15 minutes **Total:** 45 minutes

To make ahead: Store in wax paper at room temperature for up to 1 day.

Equipment: Wooden popsicle/craft sticks

This apple has just enough caramel to give a nice hit of salty-sweet flavor in each bite.

- 1/4 cup packed light brown sugar
- 1/4 cup agave nectar
- 2 tablespoons butter
- 1/4 teaspoon salt
- 3 tablespoons chopped unsalted nuts, such as peanuts or pecans
- 6 small apples, such as Eve or Paula Red

1. Line a baking sheet with wax paper and coat with cooking spray. Coat a tablespoon measure with cooking spray.
2. Combine brown sugar, agave, butter and salt in a small saucepan. Place over medium heat; as soon as the syrup starts to lightly bubble around the edges, cook, stirring constantly, for 1 minute more. Add nuts and cook, stirring constantly, until the sugar is melted and the mixture darkens, about 1 minute. Remove from the heat.
3. Working quickly, spoon about 1 tablespoon of caramel over each apple. Repeat, spooning another tablespoon of caramel over each apple, turning as you pour.
4. Let cool on the baking sheet for 5 minutes. Insert popsicle/craft sticks into the tops. Press any stray strands of caramel back onto the apples. Let cool for at least 30 minutes.

Per serving: 225 calories; 6 g fat (3 g sat, 2 g mono); 10 mg cholesterol; 44 g carbohydrate; 23 g added sugars; 2 g protein; 4 g fiber; 54 mg sodium; 207 mg potassium.

Maple-Bacon Roasted Apples & Celeriac ☺

h&w h&f h&h

Makes: 4 servings, about 1 cup each

Active time: 40 minutes **Total:** 40 minutes

If you can't find pure maple syrup, use an equal amount of brown sugar plus 1 tablespoon of water in Step 3.

- 1 large celery root (celeriac), about 1 1/2 pounds, peeled and cut into 1-inch pieces
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon freshly ground pepper
- 1/4 teaspoon salt
- 2 apples, cut into 1-inch pieces
- 2 slices bacon, chopped
- 1/4 cup pure maple syrup
- 1 teaspoon chopped fresh thyme or rosemary or 1/4 teaspoon dried

1. Preheat oven to 450°F.
 2. Toss celery root with oil, pepper and salt and spread on a rimmed baking sheet. Roast until starting to brown, 10 to 12 minutes. Add apples, toss gently and continue roasting until the apples and celery root are tender, 6 to 10 minutes more.
 3. Meanwhile, cook bacon in a medium skillet over medium heat, stirring occasionally, until just crispy. Remove to a paper-towel-lined plate with a slotted spoon; discard all but 2 teaspoons of the bacon fat. Add maple syrup to the fat in the pan and bring to a boil, scraping up the browned bits. Add the cooked bacon and thyme (or rosemary). When the celery root and apples are tender, gently toss them with the maple-bacon glaze and roast for about 5 minutes more.
- Per serving:** 236 calories, 8 g fat (2 g sat, 4 g mono); 8 mg cholesterol; 40 g carbohydrate; 12 g added sugars; 4 g protein, 5 g fiber; 392 mg sodium; 618 mg potassium. **Nutrition bonus:** Vitamin C (27% daily value), Potassium (18% dv).

Apple Oatmeal ☺

h&w h&h

Makes: 4 servings, about 1 1/4 cups each

Active time: 45 minutes **Total:** 45 minutes

Cost per serving: under \$1.50

Cook apples into your morning oatmeal and you'll start the day right with whole grains and a serving of fruit.



☺ **3 more ideas for apples:** 1. Slice thin and add to a panini with turkey, sharp Cheddar cheese and honey mustard. 2. Dice and stir into plain yogurt with muesli. 3. Core and slice into rounds; top with Brie for a quick canapé.

- 4 crisp apples, such as Jazz or Pink Lady, divided
- 1 cup steel-cut oats
- 4 cups water
- 3 tablespoons packed brown sugar, divided
- $\frac{1}{2}$ teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup nonfat plain Greek yogurt

1. Shred 2 apples using the large holes of a box grater, leaving the core behind.

2. Heat a large saucepan over medium-high heat. Add oats and cook, stirring, until lightly toasted, about 2 minutes. Add water and the shredded apples, bring to a boil. Reduce heat to maintain a simmer and cook, stirring frequently, for 10 minutes.

3. Meanwhile, chop the remaining 2 apples.

4. After the oats have cooked for 10 minutes, stir in the chopped apples, 2 tablespoons brown sugar, cinnamon and salt, continue cooking, stirring occasionally, until the apples are tender and the oatmeal is quite thick, 15 to 20 minutes more. Divide the oatmeal among 4 bowls. Top each portion with 2 tablespoons yogurt

and $\frac{3}{4}$ teaspoon brown sugar.

Per serving: 207 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 46 g carbohydrate; 10 g added sugars; 5 g protein; 4 g fiber; 166 mg sodium; 234 mg potassium. **Nutrition bonus:** Magnesium (16% daily value).

Apple & Fennel Salad with Blue Cheese

hW hff

Makes: 5 servings, about 2 cups each

Active time: 15 minutes **Total:** 15 minutes

Apples and blue cheese are a heavenly match in this easy fall salad that's dressed with a tangy cider-vinegar dressing

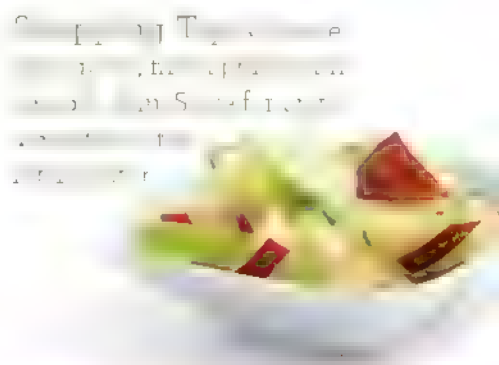
- $\frac{1}{4}$ cup extra-virgin olive oil
- 2 tablespoons cider vinegar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 1 large crisp, sweet apple, such as Honeycrisp or Ambrosia, thinly sliced
- 1 medium fennel bulb, quartered and thinly sliced, fronds reserved

- 6 cups torn butterhead lettuce
- $\frac{1}{2}$ cup crumbled blue cheese

Whisk oil, vinegar, salt and pepper in a large bowl. Add apple and fennel and toss to coat. Chop $\frac{1}{4}$ cup of the fennel fronds and add to the bowl along with lettuce and blue cheese; gently toss.

Per serving: 174 calories; 14 g fat (3 g sat, 9 g mono); 7 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 3 g protein; 3 g fiber; 269 mg sodium; 414 mg potassium.

Nutrition bonus: Vitamin A (47% daily value), Folate & Vitamin C (17% dv).



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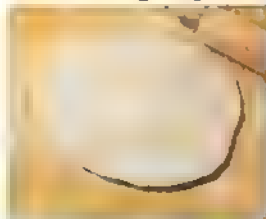
Play Dough

Stretch your imagination: with one ball of dough you can make so many different dinners

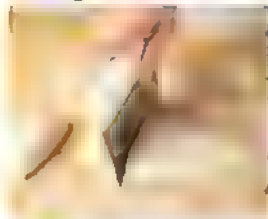
Want a pantry staple with surprising flexibility—both literally and figuratively? A ball of (store-bought) whole-wheat pizza dough is your answer: you can use it to make so much more than just pizza. Plus it provides more fiber, magnesium and selenium than white dough. Sure, you could make dough at home, but buying it at your local grocer or your favorite pizzeria is irresistibly convenient when you want a delicious dinner fast. You can freeze it, too; the day before you want to use the dough, just move it to the fridge.

Roll it up to make a healthy but satisfying stromboli stuffed with spinach and salami. Another night, whip up a taste from the sea with White Pizza with Clams or take it grillside for a Grilled Thai Chicken Sandwich. Once you realize how versatile whole-wheat pizza dough is, you'll be glad you got that ball rolling. —Hilary Meyer

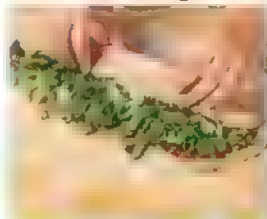
Get Rolling! Tips for Cooking with Whole-Wheat Pizza Dough



Give it a rest: If you start rolling and your dough resists, let it rest for 15 minutes, then try rolling it again. This allows the gluten in the dough to relax, making it easier to roll out.



Divide it: To divide dough into 5 equal portions, roll it into a 10-inch log, then cut into 5 pieces with a knife or a bench scraper (See *Grilled Thai Chicken Sandwich*, [page 36](#).)

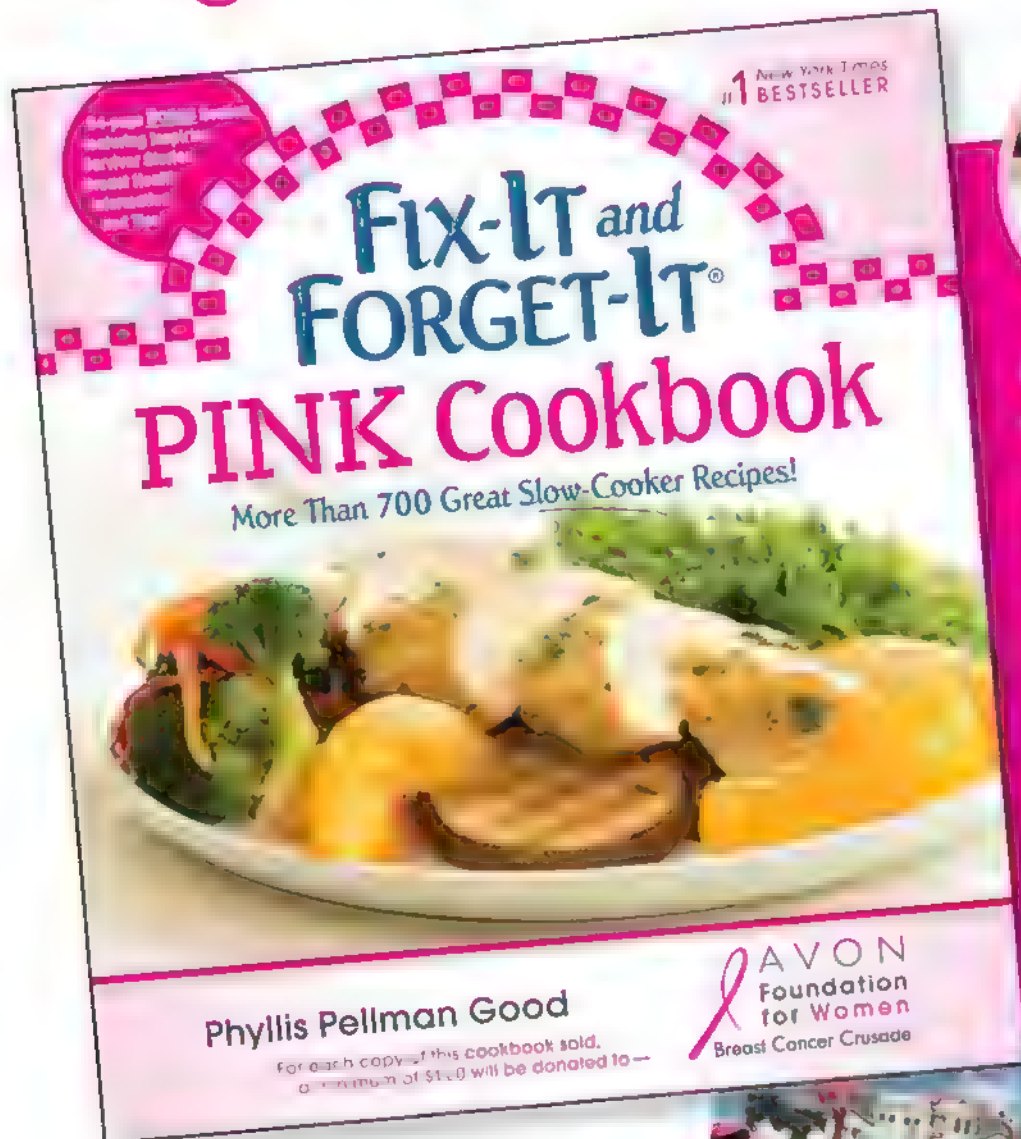


Roll it up: On a lightly floured work surface, roll stromboli into a log away from you, gently using both hands. (See *Salami & Spinach Stromboli*, [page 36](#).)



Crispy crust: For added crispiness, prebake your dough before adding the toppings. The dough is ready when lightly puffed and golden underneath. (See *White Pizza with Clams*, [page 39](#).)

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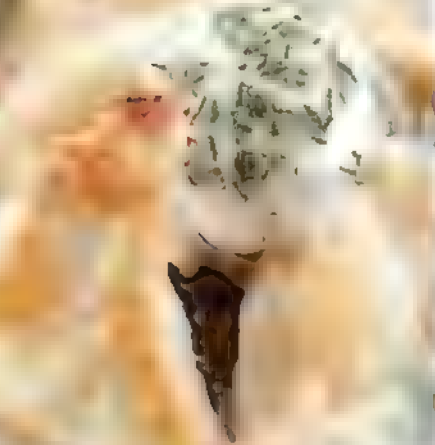
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healthy in a hurry 4 ways

1] Salami & Spinach Stromboli

HtW

Makes: 5 servings

Active time: 20 minutes **Total:** 45 minutes

Cost per serving: under \$1.50

Traditional stromboli recipes are stuffed with tons of mozzarella cheese and Italian cured meats. In this healthy makeover we fill whole-wheat pizza dough with plenty of spinach and a judicious amount of salami; the results are still delicious. (Photograph: [page 34](#).) **serve with:** Your favorite marinara sauce on the side for dipping

- 1 6-ounce can tomato paste
- 2 cloves garlic, minced
- 1 pound prepared pizza dough, preferably whole-wheat
- 2 ounces thinly sliced salami (about 10 slices)
- 1 cup shredded part-skim mozzarella cheese
- 2 cups chopped baby spinach
- 2 teaspoons extra-virgin olive oil

1. Position a rack in lower third of oven; preheat to 425°F. Coat a large baking sheet with cooking spray.

2. Combine tomato paste and garlic in a small bowl. Roll dough out on a lightly floured surface into a rectangle approximately 14 by 10 inches (see photo, [page 34](#)). Spread the tomato paste mixture over the dough, leaving a ½-inch border around the edges. Place a layer of salami on the tomato paste; top with cheese and spinach. Starting at a long side, roll the dough into a cylinder (see photo, [page 34](#)). Pinch both ends shut to contain the filling. Using two spatulas, carefully transfer the stromboli to the prepared baking sheet, placing it seam-side down. Brush oil over the stromboli.

3. Bake until the crust is beginning to brown, 18 to 20 minutes. Let stand for 5 minutes before slicing into 5 portions.

Per serving: 327 calories; 13 g fat (4 g sat, 4 g mono); 23 mg cholesterol; 43 g carbohydrate; 1 g added sugars; 15 g protein;

3 g fiber; 786 mg sodium; 467 mg potassium. **Nutrition bonus:** Vitamin A (35% daily value), Calcium (20% dv), Vitamin C (19% dv).

2] Grilled Thai Chicken Sandwich

HtW

Makes: 5 servings

Active time: 45 minutes **Total:** 45 minutes

Cost per serving: under \$2.50

Cut a ball of pizza dough into smaller pieces and you have the start of small flatbreads for sandwiches. Here the flatbreads envelop juicy grilled chicken, onions and peppers with a Thai-inspired sauce. We love how the whole-wheat dough sops up the extra sauce. If you have one large (12-ounce) chicken breast instead of two smaller (6-ounce) ones, cut it in half horizontally before grilling so the chicken cooks in the time specified in this recipe.

- ½ cup "lite" coconut milk
- ¼ cup smooth natural peanut butter
- 2 tablespoons lime juice
- 2 tablespoons chile-garlic sauce, divided
- 1 tablespoon reduced-sodium soy sauce
- 1 pound prepared pizza dough, preferably whole-wheat
- 1 tablespoon canola oil, divided
- 2 6-ounce boneless, skinless chicken breasts
- 1 large red bell pepper, quartered
- 1 large onion, sliced into ½-inch-thick rounds
- 2 tablespoons chopped fresh cilantro

1. Preheat grill to medium-high.

2. Whisk coconut milk, peanut butter, lime juice, 1 tablespoon chile-garlic sauce and soy sauce in a bowl until well combined.

3. Working on a lightly floured surface, divide dough into 5 equal pieces. Roll each piece into a 6-inch disk with a rolling pin or press into a disk with your hands. (See photos,

Shopping Advice: Look for whole-wheat pizza dough in the refrigerated section of your grocer near the sliced deli meats or in the freezer section by other frozen bread products. Check to make sure you are purchasing a 1-pound ball. If the ball is bigger, trim it to 1 pound for use in these recipes.



Want to make your own pizza dough?

Go to eatingwell.com/go/wholewheatpizzadough for a recipe.

page 34.) Using 1½ teaspoons oil, brush one side of each disk.

4. Oil the grill rack (see Tip, right); place the dough, oiled-side down, on the grill and cook until light brown and puffed, 1 to 2 minutes. Brush the dough with the remaining 1½ teaspoons oil, flip and grill until cooked through, but still a little soft, 1 to 2 minutes more. Wrap in foil to keep warm.

5. Brush chicken with the remaining 1 tablespoon chile-garlic sauce. Place the chicken, bell pepper and onion on the grill. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 165°F, 10 to 14 minutes. Grill the pepper and onion, turning once, until lightly charred and cooked through, 8 to 10 minutes.

6. Slice the pepper and onion. Toss with ½ cup of the reserved dressing in a medium bowl. When the chicken is cool enough to handle, slice or shred into bite-size pieces. Top flatbreads with equal portions of the vegetables and chicken; drizzle with the remaining dressing and sprinkle with cilantro. Fold to eat.

Per serving: 410 calories; 17 g fat (3 g sat, 5 g mono); 38 mg cholesterol; 44 g carbohydrate; 1 g added sugars, 25 g protein, 4 g fiber; 447 mg sodium, 358 mg potassium. **Nutrition bonus:** Vitamin C (80% daily value), Vitamin A (22% dv).

Tip: Oiling a grill rack before you grill foods helps ensure that the food won't stick. Oil a folded paper towel, hold it with tongs and rub it over the rack (Do not use cooking spray on a hot grill.)

3] Jerk Chicken Pockets

WH

Makes: 5 servings

Active time: 25 minutes **Total:** 45 minutes

To make ahead: Cover and refrigerate the filling (Steps 2 & 4) for up to 1 day. Let stand at room temperature while you roll out the dough.

Cost per serving: under \$1.50

These tasty sweet potato and chicken "pockets" are spiced up with jerk sea-

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Storage Tips: Whole-wheat pizza dough can be frozen for up to 3 months.

Defrost in the refrigerator for at least 8 hours before using. Let the dough come to room temperature before rolling out. Use fresh pizza dough within 24 hours of purchasing or defrosting.

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healthy in a hurry 4 ways



soning, a Caribbean spice blend that typically contains all spice, thyme and hot pepper. The spice combo and heat level vary widely among brands. Experiment and find the one you prefer. Look for jerk seasoning in the spice section of most supermarkets.

- 1 medium sweet potato (about 12 ounces)
- 1 pound prepared pizza dough, preferably whole-wheat
- $\frac{1}{4}$ cup low-fat mayonnaise
- 1 jalapeño pepper, minced
- 2 tablespoons water
- 1 tablespoon jerk seasoning
- 8 ounces cooked boneless, skinless chicken breast, diced (about 2 cups; see Tip, page 82)
- $\frac{1}{4}$ cup thinly sliced scallions
- $\frac{1}{4}$ cup raisins
- 2 teaspoons extra-virgin olive oil

1. Preheat oven to 400°F. Coat a large baking sheet with cooking spray.
2. Prick sweet potato in several places with a fork. Wrap it in wax paper or parchment paper and microwave on High until tender,

8 to 10 minutes. Cut in half. When it is just cool enough to handle, peel and dice.

3. Meanwhile, shape the dough on a lightly floured surface into a log about 10 inches long. Divide into 5 equal pieces. Roll each piece into a 5-inch square with a rolling pin or press into a square with your hands. (See photos, page 34.)

4. Whisk mayonnaise, jalapeño, water and jerk seasoning in a medium bowl. Stir in chicken, scallions, raisins and the sweet potato.

5. Spread about $\frac{1}{4}$ cup of the chicken mixture on half of each dough square, leaving a $\frac{1}{2}$ -inch border. Fold the dough over the filling and pat it to create a rectangle, then use a fork to crimp the edges closed. Transfer the chicken pockets to the prepared baking sheet and brush the tops with oil.

6. Bake the pockets until golden brown, 15 to 20 minutes.

Per serving: 358 calories; 11 g fat (1 g sat, 3 g mono); 42 mg cholesterol; 49 g carbohydrate; 2 g added sugars, 21 g protein; 3 g fiber; 547 mg sodium; 302 mg potassium. **Nutrition bonus:** Vitamin A (90% daily value), Vitamin C (15% dv).

Nutritional Facts: One serving (one-fifth of a 1-pound ball) of whole-wheat pizza dough has 191 calories, 4 grams of fat and 2 grams of fiber.



4] White Pizza with Clams

Makes: 5 servings

Active time: 25 minutes **Total:** 35 minutes

Cost per serving: under \$1.50

Here's an easy homemade take on White Clam Pizza, which was first made famous by Frank Pepe of Pepe's pizzeria in New Haven, Connecticut. Look for fresh clam strips in the seafood department. You can find them ready to use out of their shells at most large supermarkets. If you don't want to use fresh, we also like the briny flavor and convenience of canned chopped clams.

- 1 pound prepared pizza dough, preferably whole-wheat
- 4 large cloves garlic
- 3 tablespoons extra-virgin olive oil
- ¼ teaspoon freshly ground pepper
- ¼ cup shredded part-skim mozzarella cheese
- ¼ cup grated Parmesan or Asiago cheese
- 6 ounces fresh clam strips (not rinsed) or two 6-ounce cans chopped clams, rinsed

¼ cup diced red onion

¼ cup chopped fresh parsley

1. Position a rack in lowest position of oven; preheat to 450°F. Coat a large rimmed baking sheet with cooking spray.

2. Roll out dough on a lightly floured surface to about the size of the baking sheet. Transfer the dough to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes. (See photos, [page 34](#))

3. Meanwhile, mince garlic; combine with oil and pepper in a small bowl. When the crust is done, spread the garlic mixture over it. Sprinkle with mozzarella and Parmesan (or Asiago). Scatter clams and onion over the cheese.

4. Return the pizza to the oven and bake until the crust is crispy and golden and the cheese is melted, 8 to 10 minutes. Sprinkle with parsley and serve.

Per serving: 365 calories; 17 g fat (4 g sat, 8 g mono); 25 mg cholesterol; 39 g carbohydrate; 1 g added sugars; 17 g protein; 2 g fiber; 612 mg sodium; 78 mg potassium. **Nutrition bonus:** Calcium (20% daily value).

Pizza Party: Get our recipe for Black Bean Nacho Pizza and more homemade pizzas at eatingwell.com/go/pizza.

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There's a lot of confusion out there about sugar—What's good? What's



ON THE RISE: AMERICANS ADDED SUGAR CONSUMPTION HAS INCREASED 12% OVER THE LAST 40 YEARS WITH A DAILY AVERAGE OF A WHOPPING

28 teaspoons

In a steep, wet hillside near the equator, two hands place sugarcane stalks in shallow dirt trenches and cover them carefully with damp soil. Sprouts soon poke from the tropical ground in long, straight rows. After 12 to 18 months, the bumpy stalks grow as thick as a fireman's pole and as tall as a two-story

house. Workers harvest the giant cane by hand and take it to the nearby sugar mill, where heavy metal rollers crush the stalks into a pulp and extract the sweet juice. Heat condenses the liquid into a syrup and the molasses is spun out.

Hard labor, primitive processing and months of waiting, all for one precious product: a small pile of sweet crystals, the last 17 percent of the original sugarcane plant, a substance commonly known as raw sugar, or sucrose.

The dance happens all over the tropical Earth. Sugarcane takes up only 16 percent of the world's total cultivated agricultural land, yet surprisingly is the world's biggest crop: 2.6 times more sugarcane is produced each year than wheat, 6.4 times more than soybeans. With this and all the sugar we extract from other plants, such as sugar beets (55 percent of the U.S.'s sugar comes from sugar beets), maple trees, corn and even coconuts, the amount of sugar produced has grown. Worldwide consumption of added sugar (that is, sugar not naturally found in food) has tripled over the last 50 years. And Americans now spend about 23 percent of our grocery dollars on processed foods and sweets—nearly double what we spent 20 years ago. Though the American Heart Association recommends women limit their added sugar to just 100 calories per day (6 teaspoons) and men to 150 calories a day (9 teaspoons), the average American now, consciously or not, eats 28 teaspoons of added sugars a day, or more than 90 pounds of sugar per year.

It doesn't take a medical genius to surmise that putting so

solving the *sugar* puzzle

bad? Here's what the latest science says.

BY RACHAEL MOELLER GORMAN

PHOTOGRAPHY BY CHRISTOPHER BOFFOLI



Hidden in Plain Sight

Added sugars lurk in many processed foods. And although more and more food companies are ditching high-fructose corn syrup, their products aren't necessarily sugar-free. In fact, they may contain just as much sugar as before, just in a different form. Here's how to find out:

Nutrition Facts	
Serving Size: 6 ounces	
Servings Per Container: 1	
Amount per serving:	
Calories 160	Calories from Fat 25
% Daily Value	
Total Fat 2.5g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 105mg	4%
Total Carbohydrate 26g	9%
Dietary Fiber 0g	
Sugars 25g	
Protein 8g	16%
Vitamin A 0%	Calcium 25%
Vitamin C 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
Ingredients: Dextrose, fructose, honey, invert sugar, raw sugar, malt syrup, rice syrup, sucrose, xylose, molasses, corn sweetener, fruit juice concentrate, high-fructose corn syrup, brown sugar, corn syrup, glucose, lactose, maltose, sucrose, evaporated cane juice, agave nectar, cane crystals, cane sugar, crystalline fructose, barley malt, beet sugar, caramel.	

Under a food label's "Sugars" heading, added sugars are included.

Natural sugars, such as lactose in milk and fructose in fruit, are not usually a problem because they come in small doses and are packed with other nutrients, which helps slow absorption.

As of these are choices for added sugar. The higher up on the list, the more sugar is in the product.

TIP: Determine how much unhealthful added sugar your product contains by comparing it to a comparable sugar-free product, such as strawberry yogurt to plain yogurt or canned peaches in syrup to canned peaches in juice.

much sugar in our bodies might not be a direct path to health nirvana. Most experts agree that we all eat far too much of it: rates of obesity have dramatically increased in the U.S. over the past 20 years, and studies have linked drinking large amounts of sugar-sweetened beverages to increased risk of obesity, especially in children.

But that's not news.

a new chapter in the history of sugar is now bursting open and it's causing many scientists to cringe, the public to pay attention and lots of folks to wonder whether this is just another false alarm. This new development in the sugar story is evangelized by one researcher in particular, a man who says there's a lot more to the health story than simply nutrient-empty calories from added sugar making us fat. The researcher, Robert Lustig, M.D., a pediatric endocrinologist at the University of California, San Francisco, states it like this, bluntly: "Fructose is a poison."

"High-fructose" corn syrup (HFCS), despite its name, and table sugar (sucrose) are both composed of two smaller sugar molecules, glucose and fructose, in roughly equal proportions. (HFCS and sucrose are virtually chemically equivalent, say most scientists and doctors.) The glucose part is fine, says Lustig; it's the body's preferred fuel, the type that smoothly runs the billions of cells in our body. But the fructose part "is a chronic poison," he says. "It doesn't kill you after one fructose meal, it kills you after 10,000. The problem is, every meal now is a fructose meal." HFCS is being added surreptitiously to processed foods. It has found its way into everything—from pretzels to ketchup.

Lustig says this mega-shot of fructose from added sugar uniquely gums up our inner workings and causes—in fact, is the primary cause of—metabolic syndrome, the constellation of disorders, including type 2 diabetes, cardiovascular disease and fatty liver disease, that are devastating our country. All of this happens, Lustig says, when we're consuming too many calories—and most Americans are eating 200 to 300 extra calories a day. He is quick to point out that he only means the fructose found in *added sugar*, the super-high levels of sucrose and HFCS we eat in processed foods and drinks (including fruit juices), not the lower levels found in fiber-rich whole fruit nor the sugars (lactose) found naturally in milk.

Lustig laid out his hypothesis in a 2009 lecture for the general public called "Sugar: The Bitter Truth" at UC, San Francisco. The university filmed the charismatic lecturer. The video was posted on YouTube; it went viral. In 2011, *The New York Times Magazine* published a piece by Gary Taubes admiring Lustig's



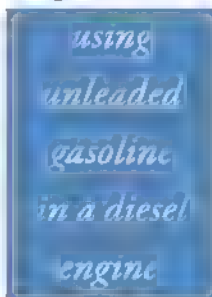
theory. In 2012, *60 Minutes* ran a segment on toxic sugar featuring Lustig. In December, Lustig will publish a book on nutrition, *Fat Chance* (Hudson Street Press), which includes his views on fructose.

Lustig presents a tempting, epic story of good versus evil, concluding in both his video and a recent commentary in the journal *Nature* that the government should regulate added sugar as it regulates alcohol. "Fructose is ethanol without the buzz," he says. And we are riveted: as of summer 2012, over 2.5 million people had sat down in front of their computers and watched Lustig's 90-minute lecture on fructose biochemistry, which he begins with a sort of arm-around-the-shoulder, conspiratorial tone: "I'm gonna tell you, tonight, a story." We crave a good narrative with real answers almost as much as we love sugar. But does the science actually support Lustig's theory?

The Science of Sugar

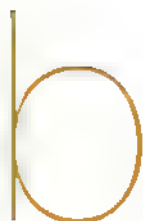
Tens of thousands of years ago, before two-liter sodas and oversized candy bars, our tongues rarely tasted sweetness. Sugar was extremely hard to come by. Honey had it (but it was protected by bees) and fruit contained it, enveloped in a fiber cage, but otherwise sweetness was a sensation few people experienced, and only in certain months of the year.

*Eating
too much
fructose
from added
sugar is like*



But because sugar provides safe calories (almost no plant that tastes sweet is poisonous), we evolved to crave it. Our brains are hard-wired to release a big shot of joy whenever we taste sweetness, by unleashing a chemical called dopamine that sparks our brain's pleasure center, a region called the nucleus accumbens. We also have a second way to make sure we are constantly on the lookout for this valuable energy: Even the thought of sugar makes us happy. The brain releases dopamine *before* we eat sugar, while we're seeking it out and as we anticipate placing it in our mouths. We have an ancient, always-on, deep-brain need to fill our stomachs with sweet calories.

Now, rubbing the magic lamp, we've finally gotten our genes' greatest wish: an endless supply of sugar. In the U.S., sucrose can be found all over the supermarket, but, more insidiously, ubiquitous HFCS is a cheap source of sweetness, a result of subsidies to corn farmers. "High-fructose corn syrup is evil, but it's not evil because it's metabolically evil; it's evil because it's economically evil," Lustig says in his YouTube video. Because it's so cheap it has found its way into nearly every processed food, including crackers, yogurt, tomato sauce, as well as cookies and sweetened beverages like sports drinks, juices, sodas. (See "Hidden in Plain Sight," *opposite*.)



ut, Lustig says, the genie played a trick on us. Lustig explains the problem with fructose by explaining what happens when you put one of these processed goodies—say, a cracker—into your mouth

(the details of this theory were mostly formulated through studies in animals): First, a bite. Then another bite. Sprinkles of cracker descend into your stomach and then to your small intestine, where enzymes dissect sucrose molecules into their constituent parts: glucose and fructose. (HFCS molecules are not bonded, thus the glucose and sucrose are already free.) Remember, glucose is the fuel of choice for our bodies; our cells use it or store it easily even when we eat it in high doses in processed food. Fructose, on the other hand, cannot by its very nature slip into our body's cells to make energy, so almost all of it slides down the portal vein into the liver, the toxin-processing organ, where it's dumped (and dumped again, as we eat more sweetened food).

What does our liver do with all this second-rate fructose fuel? It can't store it, so it tries to break it down into energy. But the cells' normal energy-generating cycle cannot possibly spin fast enough to process this mountain of fructose, so most of it meanders off into the liver in the form of citrate.

Too much citrate can hurt us. Citrate is the raw material for fat molecules called triglycerides. Excess triglycerides in the blood trigger cardiovascular disease, says Lustig. Some of the citrate also stays as fat droplets in the liver; a fatty liver triggers insulin resistance, which causes type 2 diabetes.

But it's not just the citrate. Lustig says that eating too much fructose can also spark inflammation in the liver, as well as increase blood pressure-raising byproducts like uric acid.

Overall, eating too much fructose from added sugar is like using unleaded gasoline in a diesel engine: it makes bodies sputter and cough till they seize in a puff of smoke.

The Other Side of the Story

Lustig's idea sounds appealingly logical, but many experts don't buy his toxic-sugar theory. David Katz, M.D., M.P.H., is one such expert. He has written and spoken extensively on the subject. "That talk, what made it so viral was the extreme position," says Katz, director of the Yale University Prevention Research Center and an *EatingWell* advisor. "Vilifying a certain nutrient is a good-versus-evil worldview. It's easy to get people excited if you say the most extreme thing."

Though Lustig is a respected physician, he isn't a fructose researcher (he has only one original sci-

entific paper on the subject, based on government-generated—not lab-generated—data). Most of his 90-plus published scientific papers focus on overweight children. And before his infamous lecture, only two mentioned fructose at all; since 2009, he's published six papers that mention fructose, mostly editorials, reviews and commentaries on his theory.

But he's not the only one to theorize that fructose is causing some of our modern health problems. In 2004, George Bray, M.D., at the Pennington Biomedical Research Center in Louisiana, and Barry Popkin, Ph.D., at the University of North Carolina at Chapel Hill, noticed that rising rates of obesity paralleled an increase in sugar consumption and they loosely attributed this to the harmful way our body metabolizes fructose. Other studies have since more strongly linked consuming sugar-sweetened beverages like sodas and juices with obesity, at least in children and adolescents, and for years researchers have been giving animals extremely high doses of fructose to create metabolic syndrome.

Why, then, is Lustig famous for the theory?

"Lustig takes a very evangelical and sensational approach to the data," says John Sievenpiper, M.D., Ph.D., a researcher at St. Michael's Hospital and McMaster University in Ontario who has analyzed many of the fructose studies; he comes to a conclusion that is the opposite of Lustig's. "He puts up these really wonderful, very seductive models. But, really, they're just hypotheses."

Hypotheses are unproven ideas that scientists can test, and many scientists have already tested whether consuming a lot of fructose alters the cholesterol and fats in the blood, the fats in the liver, blood pressure. Data from animal models, on which Lustig's hypothesis is firmly based, is clear: when animals consume very high levels of fructose, say, 60 percent of their calories, they do seem to have the symptoms of metabolic syndrome: high levels of triglycerides in their blood, high blood pressure, insulin resistance and weight gain.

But, say Sievenpiper and others, there are obvious problems with transposing animal experiments to human health: in animal studies, the researchers give the animals three times more than the highest amount of fructose most humans ever eat. Plus, animals process carbohydrates very differently from humans (their livers are naturally geared to make fat from carbohydrate).

In addition, human studies, at this point, don't even all point to the same answer. Supporting Lustig's theory are a few epidemiological studies (these studies follow large groups of people over time) that show increased health risks for people who frequently consume drinks high in sugars. The Nurses Health Study, one of the biggest epidemio-



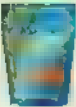
*It's easy to
excite people
if you're
extreme."*

—Dr. David Katz



Sweet Choices

Confused in the sugar aisle? Use this handy comparison chart to help you decide which sweetener to choose and how to use it. —*Lisa D'Agrosa, R.D.*

Sweetener	Science says...	Best for...	To use in baking...
 Granulated Sugar (a.k.a., sugar, table sugar) 1 cup = 720 cal	Composed of 50% glucose, 50% fructose, this pure white sugar has been processed so has few minerals and antioxidants.	Making sugar cookies, meringue toppings and delicate, fluffy cakes.	Follow the recipe as written.
 Agave Nectar 1 cup = 960 cal	Agave contains up to 90% fructose—the most of any of the sweeteners mentioned here.	Flavoring smoothies and iced drinks a touch of sweetness.	For 1 cup sugar use: ¾ cup agave, reduce liquid by 2 Tbsp. for each cup replaced and lower oven temperature by 25°F
 Honey 1 cup = 960 cal	Delivers slightly more fructose than glucose. Honey's antioxidant quantity varies greatly based on type; buckwheat honey typically delivers the most.	Providing a delicate, sweet flavor to dressings, marinades and glazes.	For 1 cup sugar use: ¾ cup honey, reduce liquid by 2 Tbsp. for each cup replaced and lower oven temperature by 25°F
 Molasses 1 cup = 960 cal	About 50% each glucose and fructose, dark molasses has the highest antioxidant levels of all sweeteners (per serving, similar to levels in nuts and berries).	Adds distinct flavor and a hint of sweetness to baked beans, homemade BBQ sauces, brown bread and ginger cookies. Has a toasty, slightly bitter flavor.	For 1 cup sugar use: 1½ cups molasses, reduce liquid by 2 Tbsp. for each cup replaced and lower oven temperature by 25°F
 Brown Sugar 1 cup = 720 cal	50% glucose and 50% fructose. Made by adding molasses back to white sugar, brown sugar has more calcium and iron than white (but only trace amounts).	Bringing caramel flavor to cookies and brownies, darker cakes like carrot cake and quick bread, topping oatmeal and fruit crisps and crumbles.	For 1 cup sugar use: 1 cup packed brown sugar
 Turbinado (a.k.a., raw sugar) 1 cup = 720 cal	50% glucose and 50% fructose. The brown color comes from small amounts of molasses that haven't been stripped out.	Topping cookies and quick breads with a sugary crackle.	For 1 cup sugar use: 1 cup turbinado
 Pure Maple Syrup 1 cup = 800 cal	About 50-50 glucose and fructose (depending on grade), it contains small amounts of polyphenols—antioxidants that help quell inflammation.	Flavoring pork with a glaze or as part of a marinade or salad dressing. And for pouring on pancakes, waffles and French toast.	For 1 cup sugar use: ¾ cup maple syrup and reduce liquid by 2 Tbsp. for each cup replaced.
 Date Sugar 1 cup = 480 cal	Made from ground dates, it delivers all the nutrients in dates, including potassium and calcium—and is similar in antioxidants to molasses.	Baking banana bread and bar cookies.	For 1 cup sugar use: ¾ cup date sugar

logical studies around, found that drinking a small glass of fruit juice daily (full of fructose) is associated with higher incidence of type 2 diabetes; daily consuming one (or more) sugar-sweetened beverages, which also contain a lot of fructose, raises risk of heart disease. The Framingham Heart Study showed that people who drank more than a can of soda a day were more likely to have metabolic syndrome.



Other epidemiological studies show a relationship that's tenuous at best between fructose and metabolic syndrome. The Women's Health Study found that risk of diabetes was no different in women who consumed the low-

est amount of sucrose (about 6½ teaspoons) versus those who consumed the most (about 14 teaspoons); the amount of fructose made no difference either. A 2010 scientific paper that reviewed all the epidemiological studies that have been published on the topic stated it like this: "epidemiological studies, at this stage, provide an incomplete, sometimes discordant appraisal of the relationship between fructose or sugar intake and metabolic/cardiovascular diseases."

In addition, short-term lab studies conducted in people—in which they are plucked from their daily lives and placed in a lab for a period of time—show that when we eat a very large percentage of our calories from pure fructose, we do have more triglycerides in our blood and more fat deposits in our liver and muscle, but our blood pressure and body weight don't rise compared to people who eat the same percentage of their calories from another carbohydrate. Though the trials are small (a dozen or two participants), they are the best we have right now.

In other words, these studies provide no clear answer yet to the question of whether fructose in added sugar is giving us metabolic syndrome.



sensational approach to the data."

—Dr. John Sievenpiper

Are We Overdosing?

Luckily for Lustig, Kimber Stanhope, Ph.D., and Peter Havel, D.V.M., Ph.D., have been busily conducting trials in their labs at the University of California, Davis. In one of their studies, overweight or obese people who spent 10 weeks drinking 25 percent of their calories from fructose drinks (versus a group drinking glucose) increased their post-meal triglycerides (a risk factor for heart disease) and decreased insulin sensitivity (a risk factor for type 2 diabetes).

Interestingly, they also found that drinking fructose caused the subjects to gain visceral fat, the kind of fat in the belly that's associated with metabolic syndrome; drinking glucose added fat, too, but here the fat was subcutaneous, the "safe" kind that has no established relationship with disease. Drinking fructose also enhanced the body's ability to convert carbohydrate into fat in the liver, which causes insulin resistance and type 2 diabetes.

Stanhope is in the middle of another big new trial in which, instead of giving subjects pure fructose (something no one drinks in the real world) as she has in earlier studies, she is giving folks what they can buy from convenience stores and vending machines. HFCS sweetened drinks. She's also studying young, healthy people instead of obese people. The trial's first results (there's more to come) were just published and they, too, seem to support Lustig's theory: triglycerides and "bad" LDL cholesterol increased only in subjects who drank the fructose or HFCS, not glucose.

Still, the fructose doses used in most of Stanhope's studies are higher than most humans would normally consume. There's "no unequivocal evidence that fructose intake at moderate doses is directly related with adverse metabolic effects," said Luc Tappy, M.D., professor of physiology at the University of Lausanne and one of the world's premier fructose researchers, in a review. But Lustig thinks the higher doses in many of these trials just speeds up the inevitable. "It's com-

TASTE TEST

Which "sugar" makes the best *chocolate chip cookie*?

We tried 12 sweeteners in place of sugar in the same cookie recipe—here are our three favorites.



THE SUB: Brown sugar
THE VERDICT: "Chewy with bold caramel taste."



THE SUB: Turbinado
THE VERDICT: "The crystals add a yummy crunch."



THE SUB: Honey
THE VERDICT: "A golden finish with big flavor."

Want to Swap Other Sweeteners for Sugar?

Check out what happened when our Test Kitchen replaced sugar with the other natural sweeteners in a classic chocolate chip cookie recipe at eatingwell.com/go/sugarswap

pletely dosage dependent. A little is fine. A lot is not. And that's true of every poison," says Lustig.

Many scientists, however, think that focusing public health on one vilified nutrient is the wrong tack to take. Such a strategy has backfired before: for example, doctors once told us all fat is bad, so manufacturers took it out of processed foods (and, interestingly, replaced it with sugar). Today, it's recommended we eat 20 to 35 percent of calories from fat—most of which should be the healthy, unsaturated kind.

"We certainly agree we should eat less sugar, but I think he's making a huge mistake from a public health perspective," says Katz. "We spent the last three decades doing exactly this: we thought just oat bran is good for us, so we put it in everything. Then we just needed to cut fat. Then it was carbs. So I can imagine we'll soon have a vast proliferation of sugar- or fructose-reduced junk food filled with some unhealthy substitute... I can't help but roll my eyes and ask, how many times do we have to get this wrong before we get it?"

And Tappy is concerned Lustig's public message is leaping ahead of the science. "So far, except for triglycerides, the data in the literature linking metabolic syndrome to fructose is pretty weak."

But Lustig counters that, with the U.S. losing \$65 billion in worker productivity and spending \$150 billion on medical care for health problems

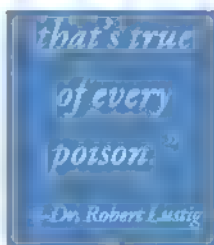
associated with metabolic syndrome each year, "Do we have to wait for those studies to be finished in humans before we can do anything about it? I would suggest that that would be way too late."

At the end of his YouTube lecture that sparked the sugar firestorm, the camera switches from generic blue PowerPoint slides to a gray-haired, gray-suited Robert Lustig. After 90 minutes of science, Lustig gives the audience some advice: drink only water or milk, exercise; eat your carbs with fiber (fruit's fiber slows the absorption of fructose so it never overwhelms your liver: "When God made the poison he packaged it with the antidote," says Lustig); wait 20 minutes before your second portion; use computers and TV for only as long as you exercise each day. It's all we need to avoid a deadly fructose fate, he says.

At the very end of his lecture, Lustig peers at his captive audience. He pauses a moment, and makes his final appeal. "I'm standing here today to recruit you in the war against bad food," he says. "And this [added sugar] is what's bad."

The storyteller closes his book. It's up to us to write the final chapter. 

"A little is fine. A lot is not. And



Contributing editor Rachael Moeller Gorman won a James Beard Award for her EatingWell article "Captain of the Happier Meal" (May/June 2010).

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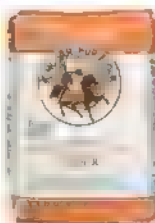
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- Make risottos, pilafs and other rice-like dishes with barley, brown rice, bulgur, millet or quinoa.

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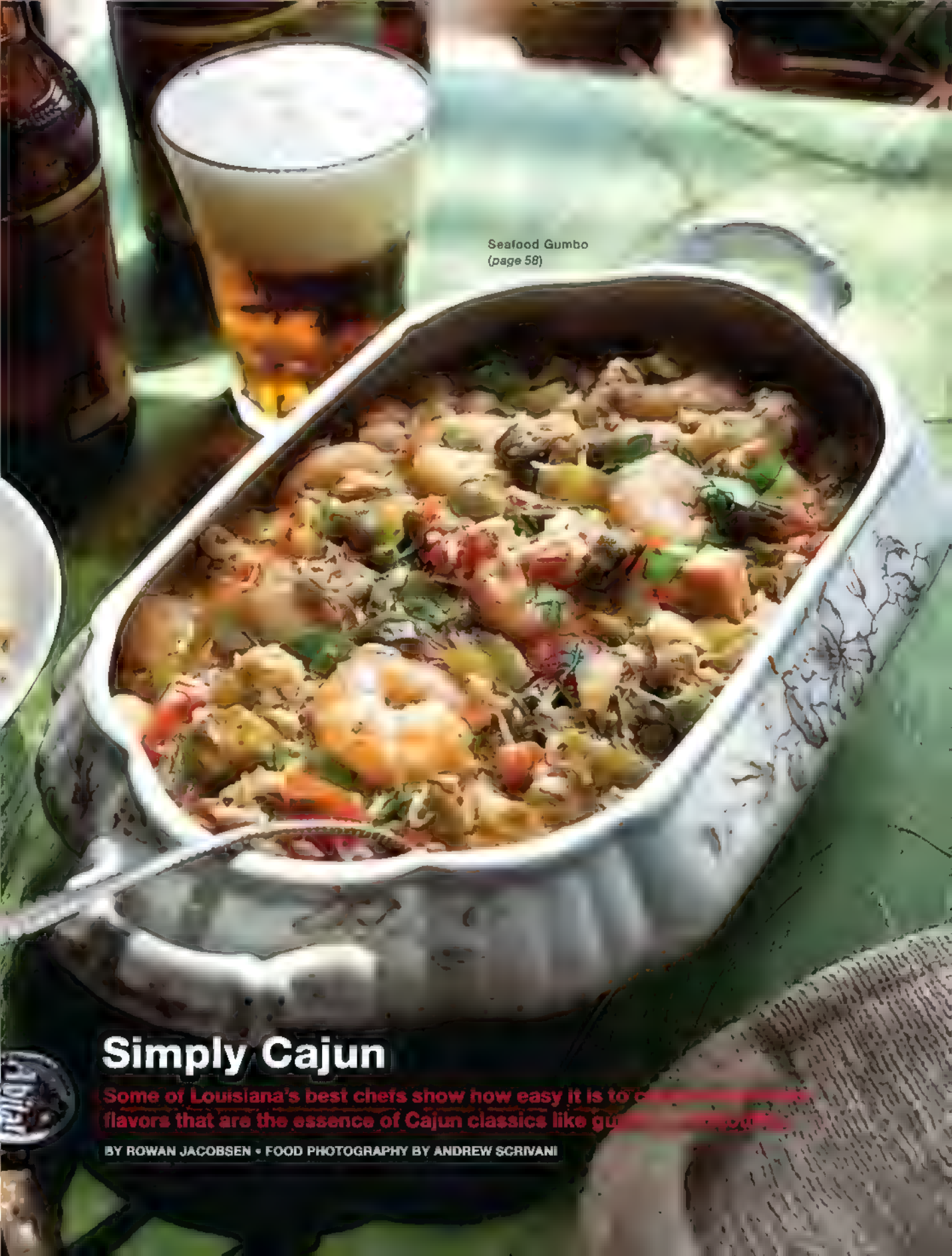


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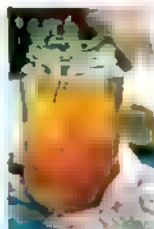
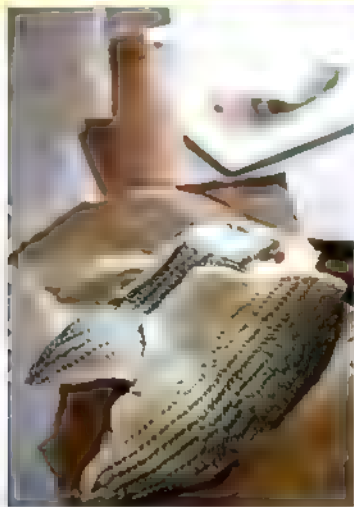


Seafood Gumbo
(page 58)

Simply Cajun

Some of Louisiana's best chefs show how easy it is to combine bold flavors that are the essence of Cajun classics like gumbo and jambalaya.

BY ROWAN JACOBSEN • FOOD PHOTOGRAPHY BY ANDREW SCRIVANI



I was fishing with a friend

one steamy early morning in southern Louisiana, when I suddenly understood Cajun food.

We had glided for miles through channels in the green-gold marsh grass, then anchored our boat in a big, brackish lake. From the fishing boats I could see working the lake, I knew it must be brimming with shrimp, crabs and oysters. In between casts, I dipped my hand into the water and tasted it. It was salty as broth, brown as roux. I looked around,

and in the shimmering light I had the momentary impression that I was bobbing atop a gargantuan bowl of gumbo.

I've spent years crisscrossing the continent in search of places where the land says loud and clear what to eat and the locals listen. I've smoked salmon over alder-wood fires in the Yukon Delta of Alaska and pressed wild apples into tingly cider with my Vermont neighbors, but I keep getting drawn back to Acadiana—the 22-parish, bayou-riddled region that stretches from just outside of New Orleans more than 200 miles west to the Texas border and south to the Gulf Coast—because nowhere else are the food, the place and the people so inseparable.

Cajun food is all about using what you've got and being joyful about it. That joyful part is a good thing, because the Cajuns—French settlers who arrived in the area in the 1700s after being kicked out of Canada's Maritime Provinces by the British—didn't have a whole lot. Everywhere they looked in south Louisiana, they saw water. The marshes were full of alligators, frogs and ducks, the bayous filled with shrimp and crabs, and the estuaries lined

in other cooking," says the boisterous Lafayette chef Pat Mould. "There is a big misconception that it is all about spice. It's about flavor first, then the spice." "Flavor first" is an excellent description of Cajun cooking techniques like making a *roux*—cooking flour in fat until it turns brown and chocolaty, which is what gives gumbo its nutty underpinning—and like *étouffée*, which means "smothered" and involves slow-cooking onions, green peppers and celery in a covered pot to lay down that foundation of flavor.

"And often Cajun cooking is all in one pot," says chef Alex Patout, who grew up in New Iberia, in the heart of Cajun country. Think gumbo or jambalaya all cooked in the famous Cajun "black pot"—the cast-iron cauldron that was often all the home cook had. "It's an impoverished cuisine," Patout says. That's part of what differentiated it from Creole cooking, which took cues from Parisian cuisine and favored multiple courses and elaborate spices.

In contrast, Cajun cooks kept it simple. "Cayenne, black and white pepper are the core spices," says Patout. "I didn't even know what thyme or oregano were growing up." Today, thanks to the



Nowhere are the food, the place and the people so inseparable.

with miles of oyster reefs. Those all became the Cajun pantry. Instead of flour, they learned from the American Indians of the Gulf Coast to thicken their stews with *filé*, ground sassafras leaves. The Indians also taught them about corn, and then, in the 1900s, they discovered rice, the ideal grain for their wet world. Those semi-flooded rice fields doubled as crawfish ponds in the off-season, adding another pillar to America's greatest indigenous cuisine.

What makes it great? I've asked myself this as I've sat in a shack along Bayou Lafourche, shucking my way through a bushel of oysters; and I've asked myself this as I've sat beneath the moss-draped oaks of Avery Island, the soft air and cicadas lulling me into a Southern stupor, and tasted the thick, rich, crab-infused seafood gumbo of the late, great Eula Mae Doré. "She's one of the treasures of Avery Island," says Paul McIlhenny, whose great-grandfather invented Tabasco sauce. "She is part of the *terroir* of this place."

What I've realized is that when your pantry is limited, you learn tricks to make whatever you cook taste extra good. "The essence of our cuisine is built on a depth of flavor you rarely find

blackened-redfish craze spawned by chef Paul Prudhomme in the '80s, Cajun seasoning, which usually adds thyme, garlic and onion powders to that mix, is ubiquitous. But historically cooks left the addition of hot sauce up to diners. The region has had a hot-pepper-sauce habit since the mid-1800s when Edmund McIlhenny planted tabasco peppers on Avery Island, aged his pepper mash in white oak whiskey barrels and mixed it with salt mined from beneath the island. Today you won't find a lunch counter in Acadiana that doesn't hold a bottle of Tabasco sauce, still made using the same original formula McIlhenny perfected.

And that's the kind of thing that keeps drawing me back to bayou country. Because when I'm there, whether it's at a crab boil in Terrebonne Parish or a crawfish stand deep in the Atchafalaya Swamp, I know I can turn off Google Earth and toss my GPS in the bayou. I don't need 'em. To understand exactly where I am, all I have to do is close my eyes and taste.

Rowan Jacobsen's latest book is *Shadows on the Gulf*.

A top-down photograph of a meal on a bright blue background. In the center is a white plate with a decorative floral border in shades of pink, purple, and blue. The plate holds a piece of fried catfish, a saucy stew of tomatoes and peppers, and a wedge of lemon. A silver fork and knife are placed on either side of the plate. In the upper left corner, a portion of a bowl with a patterned cloth underneath is visible. In the upper right, a lemon half and three small, colorful beads (two blue, one orange) are scattered.

Cajun cooks make the most of what's around—here a saucy stew of tomatoes and peppers tops sizzled catfish.

A top-down view of a white ceramic plate with a dark, rustic rim. The plate is filled with a mixture of green beans, small round new potatoes, and pieces of cooked bacon. The green beans are vibrant green and appear tender. The potatoes are small, round, and have a yellowish-orange hue. The bacon is cooked to a crisp, showing a reddish-brown color. The plate is set on a light-colored wooden surface. In the background, there is a white lace napkin with a silver fork resting on it, and a small purple flower decoration hanging from the top right. A small inset image in the top right corner shows a rustic wooden building, possibly a cabin or a small house, with a porch and a chimney.

A favored Cajun
approach to veggies,
smothering turns
these green beans
meltingly tender.

Crawfish Etouffée

h*W h*H

Makes: 4 servings, about 1 cup each

Active time: 45 minutes **Total:** 45 minutes

Cost per serving: under \$4.50

Chef Patrick Mould says, "There's no ingredient like Louisiana crawfish tails. They have so much flavor." The first dish he thinks of for crawfish is étouffée. Literally translated as "smothered" and pronounced ay-TOO-fay, the dish is typically a saucy stew served over rice. In this version from chef Mould the tasty crustaceans (use shrimp if you can't find crawfish) are smothered in a sauce made with onions, garlic and Cajun seasoning.

- 2 tablespoons canola oil
- 3 cups minced onions (2 large onions)
- 1 tablespoon minced garlic
- 1 tablespoon chopped fresh thyme
- 1 tablespoon all-purpose flour
- 1 cup reduced-sodium chicken broth
- 1 tablespoon Cajun seasoning
- 1 teaspoon paprika

- 1 teaspoon hot sauce
- 1 pound cooked cleaned crawfish tail meat or chopped shrimp
- ¼ cup chopped scallions
- 2 tablespoons chopped parsley

Heat oil in a large saucepan over medium heat; add onions and garlic and cook, stirring frequently, until the onions start to become translucent, 8 to 10 minutes. Add thyme and flour and cook, stirring, for 1 minute. Stir in broth, Cajun seasoning, paprika and hot sauce. Cook until the mixture thickens slightly, 2 to 3 minutes. Stir in crawfish (or shrimp). Bring to a gentle simmer, cover and cook, stirring occasionally for 10 minutes. Remove from the heat and stir in scallions and parsley.

Per serving: 204 calories; 9 g fat (1 g sat, 5 g mono); 151 mg cholesterol; 10 g carbohydrate; 0 g added sugars; 21 g protein; 2 g fiber; 277 mg sodium; 553 mg potassium. **Nutrition bonus:** Vitamin C (20% daily value), Folate (19% dv).



Grilled Redfish with Andouille & Shrimp Couches Couches

"It's all about slow-low-covered cooking," says chef Patout.



Crawfish Etouffée



Seafood is a way of life in Acadiana, a region dotted with crawfish

Grilled Redfish with Andouille & Shrimp Couche Couche

hfw hfh

Makes: 8 servings

Active time: 1 hour **Total:** 1½ hours

To make ahead: Prepare cornbread (Steps 1-3), and store airtight at room temperature for up to 2 days.

Cost per serving: under \$3.50

Though chef Chuck Subra lives in New Orleans, his tastes are all Acadiana. Growing up outside New Iberia, his family meals were often centered around what he brought home from fishing or hunting, like redfish. No need to cast a line—any firm white fish will work well in this robustly seasoned recipe from Subra. Here couche couche, a Cajun breakfast food where a cornmeal batter is cooked in oil until browned, turns into a savory stuffing. If you prefer not to make cornbread from scratch, use 4 cups diced prepared cornbread.

Cornbread

- ¾ cup cornmeal
- ¾ cup white whole-wheat flour or all-purpose flour
- 2 teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup reduced-fat milk
- 1 large egg
- 1 tablespoon canola oil

Couche Couche

- 1 tablespoon canola oil
- 8 ounces peeled, deveined raw shrimp (40-50 count)
- ½ cup diced andouille sausage or tasso ham
- 2 teaspoons Cajun seasoning
- ½ cup lager beer
- ½ cup seafood stock

Butter Sauce & Fish

- 2 tablespoons unsalted butter
- 2 tablespoons canola oil
- 2 tablespoons Cajun seasoning
- 1 tablespoon fresh lemon juice
- 2 teaspoons hot sauce
- 1 teaspoon Worcestershire sauce
- 1 teaspoon minced garlic
- 2 pounds redfish, striped bass or drumfish fillets, skin on

1. To prepare cornbread: Preheat oven to 350°F; coat an 8-inch-square metal baking pan with cooking spray.

2. Whisk cornmeal, flour, baking powder and salt in a large bowl. Whisk milk, egg and oil in a small bowl. Add the wet ingredients to the dry ingredients and stir until just combined. Pour into the prepared pan.

3. Bake the cornbread until a toothpick inserted in the center comes out clean, 12 to 15 minutes. Cool in the pan on a wire rack for 15 minutes. Run a knife along the edges of the pan to loosen the sides and turn out onto the rack. Let cool while you prepare the rest of the ingredients.

4. Reduce oven temperature to 200°.

5. To prepare couche couche: Break the cornbread into 1-inch pieces. Heat oil in a large skillet over medium-high heat. Add shrimp and sausage (or ham) and cook, stirring, until the shrimp are three quarters cooked and pink in spots, 30 seconds to 1½ minutes. Add Cajun seasoning and cook, stirring, for 30 seconds more. Add beer and stock and bring to a simmer. Add the cornbread and cook, stirring gently, until it absorbs all the liquid and is heated through, 1 to 2 minutes. Remove from the heat; keep warm in the oven while you prepare the butter sauce and grill the fish.

6. Preheat grill to medium-high.

7. To prepare butter sauce & fish: Stir butter, oil, Cajun seasoning, lemon juice, hot sauce, Worcestershire and garlic in a microwave-safe bowl. Microwave on Medium just until the butter is melted, 1 to 2 minutes.

8. Oil the grill rack (see Tip, page 37). Grill fish, skin-side down, basting every 4 minutes with the butter sauce, until cooked through, 12 to 15 minutes. Serve the fish with the couche couche.

Per serving: 347 calories; 15 g fat (4 g sat, 6 g mono); 169 mg cholesterol; 20 g carbohydrate; 0 g added sugars; 30 g protein; 2 g fiber; 489 mg sodium; 437 mg potassium. **Nutrition bonus:** Iron & Magnesium (18% daily value).

Catfish Courtbouillon

hfw hfh hfh

Makes: 6 servings

Active time: 65 minutes **Total:** 65 minutes

Cost per serving: under \$5

Louisiana native chef Donald Link started cooking professionally when he was just 15. At his acclaimed restaurant Cochon, Link focuses on the Cajun cuisine he grew up watching his grandparents cook. Cajun courtbouillon (pronounced koo-bee-yon) is a vegetable-and-fish stew. In this version from Link the catfish and stew are combined at the end, making for a pretty presentation and keeping the catfish nice and crispy.

Sauce

- 1 head garlic plus ¼ cup chopped garlic (4-5 large cloves), divided
- 4 teaspoons canola oil, divided
- 3 medium ripe tomatoes



It's a given that Cajun cooks like (from left) Chuck Subra, Patrick Mould, Alex Patout & Marcelle Bienvenu are masters when it comes to preparing the crawfish and shrimp that are pulled from southern Louisiana waters.



ponds, marshes, bayous and waterways.

- 2 medium red bell peppers
- 2 medium green bell peppers
- 2 poblano peppers
- 1 jalapeño pepper
- 1 large onion, diced
- 2 cups seafood stock
- ½ cup red-wine vinegar
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 3 dashes hot sauce, or to taste
- ¼ cup chopped fresh mint
- ¼ cup chopped flat-leaf parsley
- 4 scallions, sliced

Fish

- ½ cup white cornmeal
- ½ cup all-purpose flour
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 2 pounds catfish fillets, cut into 6 portions
- 3 tablespoons canola oil, divided

1. Preheat oven to 450°F
2. **To prepare sauce:** Rub off the excess papery skin from the head of garlic without separating the cloves. Slice the tip off the head, exposing the cloves. Place the garlic on a piece of foil, drizzle with 1 teaspoon oil and wrap into a package.
3. Place a wire rack on a large foil-lined baking sheet. Place the garlic packet, tomatoes, bell peppers, poblanos and jalapeño on the rack. Roast in the center of the oven, turning once or twice with tongs, until all the vegetables are softened and the peppers and onions are blackened in places, 25 to 30 minutes for the tomatoes, 30 to 35 minutes for the peppers and 40 minutes for the garlic.
4. Transfer the peppers to a large bowl, cover with plastic wrap. Let steam for 10 minutes, then uncover. Cool tomatoes on

a separate plate; unwrap the garlic packet.

5. When the peppers are cool enough to handle, remove stems, skins and seeds with a paring knife. Core and peel the tomatoes and reserve any juices. Squeeze the roasted garlic from the skins. Place the peppers, tomatoes (and juice) and garlic in a food processor and pulse until the mixture is a chunky sauce.

6. Heat the remaining 3 teaspoons oil in a Dutch oven over medium-high heat. Add onion and cook, stirring frequently, until beginning to color, 4 to 5 minutes. Stir in the ½ cup chopped garlic and cook, stirring, for 1 minute. Add seafood stock, vinegar and the pureed vegetables. Bring to a simmer, stirring occasionally. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until the sauce is thickened, 25 to 30 minutes. Season with ½ teaspoon each salt and pepper and hot sauce. Stir in mint, parsley and scallions.

7. **To prepare fish:** Meanwhile, combine cornmeal, flour, ½ teaspoon salt and ½ teaspoon pepper on a shallow plate. Dredge both sides of fish in the mixture.

8. Heat 2 tablespoons oil in a large nonstick skillet over medium-high heat until shimmering. Add half the fish and cook until golden brown, 4 to 5 minutes per side. Transfer to a paper-towel-lined plate. Add the remaining 1 tablespoon oil to the pan and cook the rest of the fish, 3 to 4 minutes per side. Divide the fish and sauce among 6 shallow bowls.

Per serving: 380 calories, 20 g fat (3 g sat, 10 g mono); 83 mg cholesterol; 22 g carbohydrate; 0 g added sugars; 27 g protein; 5 g fiber; 617 mg sodium, 1,015 mg potassium. **Nutrition bonus:** Vitamin C (228% daily value), Vitamin A (51% dv), Potassium (29% dv), Folate (20% dv).

Smothered Green Beans with New Potatoes

h&w htf hhw

Makes: 8 servings, about ¾ cup each

Active time: 50 minutes **Total:** 1 hour 50 minutes

"It doesn't matter what this is—fish, meat, chicken, vegetables. If we're cooking it we're smothering it," chuckled chef Alex Patout of Landry's restaurant in New Iberia when we asked him about this recipe. What smothering is all about: cooking things slowly until they're nice and stewy. Here the beans are cooked for over an hour—they become silky and tender and infused with black pepper and bacon flavor.

- 5 slices bacon, chopped
- 1 pound green beans, trimmed
- 2 medium onions, finely chopped
- 12 ounces new potatoes (4-6 small), cut into 1-inch pieces
- 1 teaspoon freshly ground pepper
- ½ teaspoon salt
- 4 cups water

Place a Dutch oven over medium heat, add bacon and cook until slightly browned but still soft. Add beans, onions, potatoes, pepper, salt and water. Stir well and bring to a simmer. Reduce heat to maintain a gentle simmer, cover and cook, stirring occasionally, until the beans are very tender, about 1 hour. Uncover, increase the heat to medium-high and cook, stirring occasionally, until thickened and most of the water has evaporated, 20 to 25 minutes more.

Per serving: 88 calories; 2 g fat (1 g sat, 1 g mono); 5 mg cholesterol; 14 g carbohydrate; 0 g added sugars, 4 g protein; 3 g fiber; 272 mg sodium; 348 mg potassium.



Cajun settlers invented a whole new way of living off the land.

Seafood Gumbo

hñw htf hñh

Makes: 8 servings, about 1½ cups each

Active time: 1 hour 20 minutes **Total:** 2¼ hours

Cost per serving: under \$3.50

Gumbo, a hearty stew made with anything from sausage or duck to rabbit or seafood, starts with a roux, a mix of flour and oil that's cooked until it turns dark and nutty, giving the stew its signature earthy flavor. This crab and shrimp gumbo comes from Eula Mae Doré, who was the cook at the Commissary on Avery Island, home to the Tabasco company. Just as most cooks of her generation did, she learned Cajun cooking by watching, rather than from cookbooks. Serve with brown rice. (Recipe adapted from *Eula Mae's Cajun Kitchen* by Eula Mae Doré and Marcelle R. Benveniste; Harvard Common Press, 2007.)

- 5 tablespoons canola oil, divided**
- 1 pound okra, fresh or frozen (thawed), trimmed and cut into ¼-inch-thick rounds**
- 4 teaspoons distilled white vinegar**

- ½ cup all-purpose flour**
- 2 cups chopped green bell peppers**
- 1½ cups chopped yellow onions**
- 1½ cups chopped scallions, divided**
- 1 cup chopped celery**
- 1 clove garlic, minced**
- 1 28-ounce can diced tomatoes with their juice**
- 2 cups seafood stock or water**
- ½ cup cubed boiled deli ham**
- 2 bay leaves**
- 2 sprigs fresh thyme or ½ teaspoon dried**
- 1 tablespoon Worcestershire sauce**
- 1 teaspoon hot sauce**
- ½ teaspoon salt**
- 1 pound peeled, deveined raw shrimp (26-30 count)**
- ½ pound lump crabmeat, any shells or cartilage removed**
- 2 tablespoons chopped parsley**

1. Heat 1 tablespoon oil in a large non-stick skillet over medium heat. Add okra and cook, stirring often, until it starts to turn dark brown, 18 to 22 minutes. Add vinegar and cook, stirring frequently, until the okra is browned and no longer has "sticky strings" attached, 2 to 3 minutes

more. Remove from heat and set aside.

2. Heat the remaining 4 tablespoons oil in a large heavy pot or Dutch oven over medium heat for 2 minutes. Add flour and cook, stirring slowly and constantly, until the mixture smells very toasty and is the color of peanut butter, 5 to 10 minutes.

3. Add bell peppers, onions, 1 cup scallions, celery and garlic and cook, stirring often, until the vegetables are tender and lightly golden, 10 to 12 minutes. Stir in the okra, tomatoes, stock (or water), ham, bay leaves, thyme, Worcestershire, hot sauce and salt. Reduce the heat to medium-low, cover and simmer, adjusting the heat as necessary to maintain a slow, steady simmer, for 45 minutes.

4. Add shrimp and crabmeat to the pot and simmer, uncovered, until the shrimp are cooked through, about 8 minutes. Discard the bay leaves and thyme. Garnish with parsley and the remaining scallions.

Per serving: 246 calories; 10 g fat (1 g sat, 6 g mono); 109 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 20 g protein; 5 g fiber; 731 mg sodium; 586 mg potassium. **Nutrition bonus:** Vitamin C (92% daily value), Folate (25% dv), Iron (24% dv), Potassium (20% dv), Vitamin A (19% dv).

Gâteau de Sirop

hff

Makes: 8 servings

Active time: 15 minutes **Total:** 1¼ hours

To make ahead: Wrap cooled cake airtight and keep at room temperature for up to 2 days

Cajun food authority Marcelle Benveniste grew up in a large Acadian family for whom good cooking was a way of life. She says this cake is typical of Louisiana Acadian cooking—it's made with ingredients that are always on hand and it's rustic and humble. She suggests serving it for breakfast with café au lait or as a simple dessert accompanied by whipped cream or ice cream. Cane syrup comes from cane juice that has been cooked until it's golden and toasty-flavored. You can use molasses or honey in its place.

- 1 large egg
- 1 cup pure cane syrup, such as Lyle's Golden Syrup
- 1 cup white whole-wheat flour
- 1 cup all-purpose flour
- ¼ teaspoon salt
- 2 tablespoons butter, melted
- 1 cup boiling water
- ½ teaspoon baking soda
- 1 cup pecan halves
- Whipped cream (optional)

1. Preheat oven to 350°F. Place a 7-by-11-inch (or 9-inch round) metal baking pan in the oven to heat.

2. Beat egg in a large heatproof mixing bowl. Add syrup, white whole-wheat flour, all-purpose flour and salt, mix well to blend. Stir in butter. Combine boiling water and baking soda in a bowl, then pour into the batter; stir just to combine. Carefully coat the preheated pan with cooking spray. Pour the batter into the pan. Top with pecan halves.

3. Bake the cake until a knife inserted in the center comes out with a few crumbs attached to it, 30 to 32 minutes. Cool in the pan on a wire rack for 30 minutes. Serve warm with whipped cream, if desired.

Per serving: 327 calories; 13 g fat (3 g sat, 6 g mono); 31 mg cholesterol; 51 g carbohydrate; 26 g added sugars, 6 g protein; 3 g fiber; 162 mg sodium; 87 mg potassium.

Nutrition bonus: Iron (18% daily value).





A FULL HARVEST

Fall vegetables take center stage when they're stuffed with fillings as varied as heady herbs, sharp cheeses, rich meat and briny oysters

RECIPES BY BRUCE AIDELLS • PHOTOGRAPHY BY CARIN KRASNER

WHAT'S INSIDE:

oysters
garlic oregano basil
shallot thyme onion



Autumn is about abundance. Fields brim with vegetables soaked in a season's worth of sun and rain. Before the first frost, temperamental crops like peppers and eggplants must be picked. Heartier cabbage and squash may linger. No wonder that until the 1500s the season was simply called "harvest" in Germanic languages. To celebrate the bounty, turn fall's best vegetables into cornucopias of plenty. Try stuffing luscious roasted eggplant with cured pork and shrimp. Tuck briny oysters, nutty Parmesan and fresh herbs between tender artichoke leaves. You'll never dismiss vegetables as simple sides again.

—Jessie Price



Lebanese Cabbage Rolls

WHAT'S INSIDE: lamb
parsley
lamb

WHAT'S INSIDE:

jasmine rice
shrimp lime zest pork
green curry paste
cilantro



Pork & Shrimp Stuffed Eggplant

Oyster-Stuffed Artichokes

hfw htf hwh

Makes: 4 servings

Active time: 2 hours **Total:** 3 hours

To make ahead: Prepare stuffing (Steps 1-2), omit egg; cook artichokes and remove chokes (Steps 3-6); cover and refrigerate stuffing, artichokes & cooking liquid separately up to 1 day. Stir egg into filling just before stuffing artichokes.

Cost per serving: under \$6

Packed with oysters, Parmesan and herbs, these artichokes make a spectacular meal along with a fresh salad. Cooking the artichokes first softens the leaves so they're easier to stuff. (Photograph: [page 61](#).)

Stuffing

- 2 tablespoons extra-virgin olive oil
- 2 cups finely chopped onion
- ¼ cup finely chopped shallots
- 1 tablespoon minced garlic
- 2 cups shucked oysters, drained, liquid reserved
- ¼ cup chopped flat-leaf parsley
- 1 tablespoon chopped fresh basil
- 2 teaspoons chopped fresh oregano
- 1 teaspoon chopped fresh thyme
- 2 cups coarse fresh breadcrumbs, preferably whole-wheat (see *Tips*, opposite)
- 1 cup freshly grated Parmigiano-Reggiano cheese
- 1 tablespoon lemon juice
- ½ teaspoon freshly ground pepper
- ¼ teaspoon Tabasco sauce
- 1 large egg, lightly beaten

Artichokes

- 4 medium-to-large artichokes
- Juice of 1 lemon
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons chopped garlic
- 1 tablespoon chopped fresh oregano
- 3 sprigs fresh thyme
- 2 teaspoons salt
- ½ teaspoon freshly ground pepper

1. To prepare stuffing: Heat 2 tablespoons oil in a large skillet over medium heat. Add onion and shallots. Cover and cook, stirring occasionally, until they begin to lightly color, about 10 minutes. Stir in garlic and cook, stirring, 1 minute more. **2.** Chop oysters and add to the pan. Stir in parsley, basil, oregano and thyme

and cook, stirring, 1 minute. Transfer the mixture to a medium bowl and stir in the reserved oyster liquid, breadcrumbs, cheese, 1 tablespoon lemon juice, pepper and Tabasco. Stir in egg; refrigerate while you prepare the artichokes.

3. To prepare artichokes: Using a sharp knife, trim the top ½ inch off each artichoke. Remove the small outer leaves from the stem end and snip any spiky tips from the rest of the outer leaves, using kitchen shears. Cut off the stem.

4. Bring 8 cups of water to a boil in a pot just large enough to hold all the artichokes in a single layer. Add lemon juice, oil, garlic, oregano, thyme sprigs, 2 teaspoons salt and pepper. Nestle the artichokes into the pot so they are snug. Add more water if the artichokes are not completely submerged. Place a heatproof plate on top of them to keep them submerged.

5. Return to a boil over high heat and boil until the leaves have softened and become malleable, about 10 minutes. Transfer the artichokes to a colander, leaf-side down, to drain and cool. Reserve 4 cups of the artichoke-cooking liquid.

6. When the artichokes are cool enough to handle, gently open the center and remove the core of light green leaves; discard. With a teaspoon or melon baller, scrape out the fuzzy "choke" from the center.

7. Preheat oven to 350°F

8. To stuff artichokes: Fill the center of each artichoke with about ½ cup stuffing. Then, starting at the bottom outside edge, place about 1 teaspoon of stuffing between each leaf. Continue until all the leaves hold some stuffing and the artichokes have spread out to become quite large.

9. Bring the artichoke-cooking liquid to a boil in a saucepan. Stand the stuffed artichokes in a pan just large enough to hold all 4 (such as an 8-inch-square baking dish). Pour enough of the boiling liquid into the pan to come about 1 inch up the sides. Tent the pan with foil.

10. Bake the artichokes until the hearts are tender when pierced through the stuffing with a knife, 45 minutes to 1 hour. Remove foil, increase oven temperature to 425° and continue baking until the stuffing begins to brown, 5 to 10 minutes more.

Per serving: 389 calories; 15 g fat (4 g sat, 8 g mono); 105 mg cholesterol; 45 g carbohydrate; 1 g added sugars; 23 g protein;

13 g fiber; 735 mg sodium; 1,098 mg potassium. **Nutrition bonus:** Zinc (339% daily value), Vitamin C (57% dv), Iron (53% dv), Folate & Magnesium (42% dv).

Lebanese Cabbage Rolls

htf

Makes: 4 servings, 2 cabbage rolls & 2 tablespoons sauce each

Active time: 1½ hours **Total:** 2 hours

To make ahead: Prepare cabbage leaves (Step 3); make stuffing (Steps 1 & 4), omit egg; refrigerate separately up to 1 day. Add egg and continue with Steps 5-7.

Cost per serving: under \$3

These delicate cabbage rolls are stuffed with lamb and infused with the flavors of turmeric, ground ginger and allspice. (Photograph: [page 62](#).)

- ½ cup bulgur
- 1 large head Savoy cabbage
- 2 tablespoons extra-virgin olive oil
- 2 cups finely chopped onion
- 1 cup finely chopped leeks, white and light green parts only
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- ½ teaspoon ground turmeric
- ¼ teaspoon ground ginger
- ¼ teaspoon ground allspice
- Pinch of ground cinnamon
- 12 ounces ground lamb
- ¼ cup chopped flat-leaf parsley
- 2 teaspoons chopped fresh mint
- 1 large egg, lightly beaten
- ¼ cup white wine
- ½ cup reduced-sodium chicken broth
- 2 teaspoons grated lemon zest
- 3 tablespoons lemon juice, divided
- 1 egg yolk

1. Prepare bulgur according to package directions; transfer to a medium bowl. **2.** Preheat oven to 325°F. **3.** Bring 2½ cups water to a boil in a large skillet. Trim bottom of cabbage and separate leaves. Add the 8 largest leaves to the boiling water, cover, reduce heat to medium-high and simmer until softened, 5 to 7 minutes. Transfer to a clean work surface to cool. Reserve the remaining leaves. **4.** Meanwhile, heat oil in a large skillet

over medium heat. Stir in onion and leeks. Cover and cook, stirring occasionally, until the vegetables are soft, 5 to 8 minutes. Stir in salt, pepper, turmeric, ginger, allspice and cinnamon; cook, stirring, 1 minute more. Transfer the mixture to the bowl with the bulgur and let stand until cool enough to handle, about 5 minutes. Add the lamb, parsley, mint and lightly beaten egg. Gently knead the mixture with your hands until well blended.

5. Line a 9-by-13-inch baking pan with some of the uncooked cabbage leaves. Place about ½ cup of filling over the root end of each cooked leaf. Fold in the sides and roll up to form a bundle. Lay the cabbage rolls seam-side down in the pan. Combine wine, broth, lemon zest and 2 tablespoons lemon juice. Pour over the cabbage rolls. Cover tightly with foil.

6. Bake until the thicker ribs of the cabbage leaves are very tender and an instant-read thermometer inserted into a roll registers at least 165°F, 45 minutes to 1 hour.

7. Transfer the rolls and cabbage leaves to a serving platter; tent with foil to keep warm. Carefully pour the juice from the pan into a small saucepan; bring to a boil over medium-high heat and boil until reduced by about half, 6 to 10 minutes. Whisk the remaining 1 tablespoon lemon juice and egg yolk in a small bowl. Whisk the reduced liquid into the lemon-yolk mixture, then pour the sauce back into the pan. Cook over low heat, whisking constantly, until thickened enough to coat the back of a spoon, 2 to 4 minutes. (Take care not to overheat the sauce or the egg will curdle.) Serve the rolls with the sauce.

Per serving: 521 calories; 30 g fat (11 g sat, 15 g mono); 155 mg cholesterol, 38 g carbohydrate, 0 g added sugars; 24 g protein; 11 g fiber; 642 mg sodium; 953 mg potassium. **Nutrition bonus:** Vitamin C (129% daily value), Vitamin A (58% dv), Folate (54% dv), Magnesium (31% dv), Zinc (29% dv), Potassium (28% dv).

Tips: To make fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form.

Garam masala, a blend of spices used in Indian cooking, is available in the spice section of most supermarkets.



Curried Lentil Stuffed Squash

WHAT'S INSIDE: carrots, ginger, leeks, red lentils, tomatoes, cumin seeds, coriander

Curried Lentil Stuffed Squash

h&w hff

Makes: 4 servings

Active time: 1½ hours **Total:** 1½ hours

Cost per serving: under \$3

A spicy red lentil curry stew fills acorn squash. If you find them at your market, use tasty jarred piquillo peppers in this.

2 small acorn squash

4 teaspoons butter, melted

2 teaspoons honey

1 teaspoon garam masala (see

Tips, left)

¼ teaspoon salt

Stuffing

2½ cups water

1 cup red lentils (see *Tip, page 66*)

¾ teaspoon salt, divided

2 tablespoons butter

2 teaspoons cumin seeds

2 cups chopped leeks, white and light green parts only

½ cup finely diced carrots

¼ cup thinly sliced shallots

1½ tablespoons minced fresh ginger

½ cup finely chopped jalapeños

1½ teaspoons ground coriander

1 teaspoon ground turmeric

2 medium tomatoes, diced

¼ cup thinly sliced jarred roasted red peppers

Freshly ground pepper to taste

¼ cup nonfat plain Greek yogurt

1. Preheat oven to 350°F.

2. **To prepare squash:** Have squash through the stem end; scoop out seeds. Place cut-side up on a rimmed baking sheet. If necessary, cut a small slice off the bottom of each half so it rests flat. Combine melted butter, honey, garam masala and ¼ teaspoon salt in a small bowl; brush all over the cut sides of the squash. 3. Bake the squash for 10 minutes. Brush again to redistribute the butter. Continue to bake until the squash is tender, 30 to 35 minutes more. To test if it's done, sample a little bit of the inside—it should be tender. Turn off the oven, tent the squash with foil and leave in the oven to keep warm.

4. **To prepare stuffing:** Bring water, lentils and ½ teaspoon salt to a boil in a medium saucepan. Adjust heat so the water is lightly boiling and cook until the lentils are not hard, but still maintain their shape, about 7 minutes. Drain, saving any lentil cooking liquid; set lentils and liquid aside.

5. Heat a medium skillet over medium heat. Add 2 tablespoons butter and cumin seeds and cook, stirring, until fragrant, 1 to 2 minutes. Stir in leeks, carrots, shallots, ginger and ½ teaspoon salt. Cover and cook, stirring occasionally, until the carrots begin to soften, about 10 minutes. Stir in jalapeños, coriander and turmeric and cook, stirring, 1 minute more. Stir in tomatoes and 1 cup of the reserved cooking liquid (if there isn't enough, make up the difference with water). Bring to a simmer, stirring occasionally, then cook for 5 minutes. Stir in the reserved lentils and simmer until they are soft and tender but not falling apart, 3 to 5 minutes. If the mixture seems dry, add more cooking liquid (or water). Stir in roasted peppers. Season with the remaining ½ teaspoon salt and pepper. Divide the lentil stuffing among the squash (a generous 1 cup per half). Serve garnished with a dollop of yogurt.

Per serving: 415 calories; 12 g fat (6 g sat, 3 g mono); 25 mg cholesterol; 65 g carbohydrate; 3 g added sugars; 18 g protein; 13 g fiber; 674 mg sodium; 1,430 mg potassium. **Nutrition bonus:** Vitamin A (113% daily value), Vitamin C (92% dv), Potassium (41% dv), Iron (35% dv), Magnesium (23% dv), Folate (20% dv), Calcium (16% dv).

Tip: Look for red lentils in well-stocked supermarkets or natural-foods stores.

Paprika-Spiced Stuffed Peppers

hñw hñf hñh

Makes: 6 servings, 1 pepper & ½ cup sauce each

Active time: 1 hour **Total:** 2 hours 10 minutes **To make ahead:** Prepare peppers and stuffing (Steps 2-3), omit egg, refrigerate separately up to 1 day. Add egg to filling before stuffing peppers.

Cost per serving: under \$4

Plenty of paprika lends a lightly pungent flavor and vibrant red color to the creamy sauce and the pork, beef and rice filling for these Hungarian-inspired peppers. (Photograph: [page 1](#))

Peppers & Stuffing

6 medium red bell peppers

1 tablespoon extra-virgin olive oil

2 cups finely chopped onion

1 tablespoon minced garlic

3 tablespoons paprika, preferably sweet Hungarian

2½ cups cooked long-grain or instant brown rice

1 large egg, lightly beaten

1 tablespoon chopped fresh marjoram

¾ teaspoon salt

½ teaspoon ground coriander

½ teaspoon ground cumin

½ teaspoon freshly ground pepper

12 ounces lean ground beef

12 ounces lean ground pork (see [Tip](#), [page 82](#))

Sauce

1 14-ounce can diced tomatoes

1 cup reduced-sodium chicken broth

1 cup finely chopped leeks, white and light green parts only

1 tablespoon paprika, preferably sweet Hungarian

¾ teaspoon salt

Freshly ground pepper to taste

1 cup reduced-fat sour cream

1. Preheat oven to 350°F.

2. Cut tops off peppers and remove seeds. If the peppers don't stand on their own, remove a thin slice off the bottoms; set the peppers aside. Finely chop the tops.

3. **To prepare stuffing & stuff peppers:** Heat oil in a medium skillet over medium heat and add onion. Cook, stirring, for

5 minutes. Add chopped pepper tops. Cook, stirring, 3 minutes more. Add garlic and 3 tablespoons paprika; cook, stirring, 1 minute more. Transfer the mixture to a medium bowl. Let cool for 5 minutes. Stir in rice, egg, marjoram, ¾ teaspoon salt, coriander, cumin and pepper. Add beef and pork and gently knead the mixture until well blended. Mound about 1 cup of the stuffing into each pepper.

4. **To prepare sauce:** Drain tomatoes and combine with broth, leeks and 1 tablespoon paprika in a Dutch oven. Bring to a simmer over medium-high heat; simmer for 5 minutes. Season with ¼ teaspoon salt and pepper. Place the stuffed peppers in the pot and cover with a lid or foil.

5. Bake the peppers until tender and an instant-read thermometer inserted into the stuffing registers 150°F, 50 minutes to 1 hour. Uncover and continue baking for 10 minutes more. Transfer the peppers to a warm serving platter; tent with foil to keep warm. Using caution (the handles will be hot), place the pot on a burner over medium-high heat. Simmer the sauce until reduced by about half, 4 to 8 minutes. Remove from heat and whisk in sour cream. Serve the peppers with the sauce.

Per serving: 430 calories; 17 g fat (7 g sat, 6 g mono); 114 mg cholesterol; 40 g carbohydrate; 0 g added sugars; 30 g protein; 7 g fiber; 692 mg sodium; 900 mg potassium. **Nutrition bonus:** Vitamin C (270% daily value), Vitamin A (132% dv).

Mushroom & Cheddar Stuffed Onions

Makes: 4 servings, 2 onions each

Active time: 1 hour **Total:** 1¼ hours

To make ahead: Prepare through Step 4, refrigerate for up to 1 day. Let stand at room temperature while oven preheats.

Cost per serving: under \$2

Mild onion layers are filled with an über-tasty mushroom and Cheddar cheese blend spiced with sage and a splash of dry sherry. Serve as a vegetarian main dish for 4 or a fancy side dish for 8.

1 large sweet onion (about 1 pound)

1 tablespoon unsalted butter

¾ cup finely chopped shallots

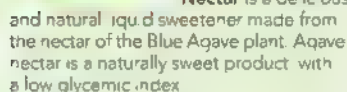
1 tablespoon minced garlic

- 8 ounces cremini mushrooms,**
very finely chopped
- ¼ teaspoon plus ½ teaspoon salt,**
divided
- ¼ teaspoon plus ½ teaspoon freshly**
ground pepper, divided
- ¼ cup dry sherry or dry white wine**
- 4 teaspoons chopped fresh sage,**
divided
- ¾ cup shredded extra-sharp Cheddar**
- ¾ cup coarse fresh breadcrumbs,**
preferably whole-wheat (see Tip,
page 65)
- ¼ cup finely chopped flat-leaf parsley**
- ½ teaspoon Worcestershire sauce,**
preferably vegan
- ¼ teaspoon Tabasco**
- 2 teaspoons extra-virgin olive oil**

1. Preheat oven to 425°F. Coat an 8-inch-square baking dish with cooking spray.
2. Bring a large pot of water to a boil. Trim the ends off the onion and cut in half lengthwise; peel. Cook the onion halves in the boiling water for 2 minutes. When cool enough to handle, remove the 4 largest outer layers from each half. Return the remaining pieces to the pot and boil for 5 minutes more to cook through. Set aside. Using tongs, return the 8 onion layers to the boiling water and cook until soft and pliable, 1 to 4 minutes, pulling each layer out as it's done. Set aside on a plate.
3. Heat butter in a large nonstick skillet over medium heat. Add shallots and garlic; cook, stirring, until the shallots are soft, 4 to 5 minutes. Add mushrooms and ¼ teaspoon each salt and pepper. Add sherry (or wine); cook, stirring, until almost all the liquid has evaporated and the mushrooms form a soft mass, 8 to 10 minutes. Stir in 2 teaspoons sage; cook 30 seconds more. Transfer the mixture to a medium bowl; stir in cheese, breadcrumbs, parsley, Worcestershire and Tabasco. Finely chop the reserved onion core; add to the bowl.
4. To stuff an onion layer, hold it with the curved side cupped in your hand. Spoon 4 to 5 tablespoons of stuffing into the center and gently form it into a football-shaped packet. Lay the packet seam-side down in the baking dish and repeat with the remaining layers. Brush the packets with oil and sprinkle with the remaining 2 teaspoons sage and ½ teaspoon each salt and pepper. Cover the dish with foil.



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EASY COOKING

Fish & Mushroom Casserole
with Crispy Phyllo

Make-Ahead

Comforting casseroles and savory pies are the

BY CAROLYN MALCOUN • PHOTOGRAPHY BY PETER ARDITO



Vegetarian
Squash Burger

MAGIC

tastiest, healthiest way to save time and bring everyone to the table

Quick. Easy. Tasty. While the word “casserole” might conjure up the image of a smart, well-coifed 1950s housewife in a frilly apron combining cans of creamy soup with leftovers to make dinner, fear not, these are not your grandma’s recipes. They are healthier and even more delicious. One thing hasn’t changed, though—casseroles are an inexpensive way to feed a crowd. And with a few choice shortcuts, these dishes come together in a jiffy. Frozen winter squash tops an aromatic Moroccan chickpea stew, pre-shredded hash brown potatoes make a crisp crust for quiche and frozen vegetables fill a creamy chicken potpie. Even better, all of them can be made ahead so you can put them in the oven when you get home and relax. What could be smarter than that?

EatingWell Meat Pie

hfw

Makes: 10 servings

Active time: 1¼ hours **Total:** 2 hours 20 minutes

To make ahead: Prepare through Step 5 (omit egg wash), wrap unbaked and refrigerate for up to 1 day or freeze for up to 1 month. Brush with egg and let stand at room temperature while oven preheats. (If frozen, thaw overnight in the refrigerator before baking.) Bake for about 1 hour. **Equipment:** 9-inch deep-dish pie pan

Cost per serving: under \$2

Traditionally made with mostly ground pork, this French Canadian meat pie, or *tourtière*, is lightened up by using lean ground beef with a little ground pork for flavor and bulked up with plenty of shredded vegetables. You can make it even easier by using store-bought crust.

Crust

- 1½ cups whole-wheat pastry flour
- 1½ cups all-purpose flour
- ½ teaspoon salt
- 4 tablespoons cold unsalted butter, cubed
- ¼ cup reduced-fat sour cream
- 3 tablespoons canola oil
- ½ cup ice water
- 1 large egg white, lightly beaten, for brushing

Filling

- 1 medium russet potato, peeled
- 2 medium carrots or parsnips, peeled
- 1 small onion
- 1½ pounds 95%-lean ground beef

8 ounces ground pork

1 cup nonfat milk

½ cup dried cranberries

2 teaspoons ground allspice

1 teaspoon salt

½ teaspoon freshly ground pepper

1. To prepare crust: Combine whole-wheat flour, all-purpose flour and salt in a food processor and pulse to mix. Pulse in butter until the mixture resembles coarse meal. Pulse in sour cream and oil. With the motor running, add ice water and process just until the dough comes together. (Add more water, a teaspoon at a time, if necessary.) Divide the dough in half, shape into 2 disks, wrap in plastic and refrigerate while you prepare the filling.

2. To prepare filling: Clean the food processor and fit with the shredding disc. Cut potato, carrots (or parsnips) and onion into pieces that will fit through the tube. With motor running, drop in the vegetables until they’re all shredded.

3. Combine beef, pork, milk and the shredded vegetables in a high-sided skillet or Dutch oven. Cook over medium heat, mashing and stirring with a potato masher, until the meat is dry and all the liquid has evaporated (the masher helps you check for liquid), 40 to 50 minutes. If the bottom starts to brown or stick before the liquid has evaporated, reduce the heat and continue cooking and mashing until the liquid is gone. Stir in cranberries, allspice, salt and pepper.

4. Preheat oven to 375°F

5. Roll one piece of dough on a lightly floured surface into a 12-inch circle. Transfer the dough to a 9-inch deep-dish

pie pan. Scrape the filling into the crust and pat down gently. Roll the remaining dough into a 12-inch circle and cover the filling with it. Trim the crust so it overhangs evenly. Tuck the top crust under the bottom crust, sealing the two together and making a pump edge. Flute the edge with your fingers or crimp with a fork. Brush the top of the crust with egg white.

6. Bake the pie until the crust is golden, about 45 minutes. Let cool for 20 minutes before cutting.

Per serving: 386 calories; 15 g fat (6 g sat, 6 g mono); 89 mg cholesterol; 37 g carbohydrate; 4 g added sugars; 25 g protein; 3 g fiber; 445 mg sodium; 496 mg potassium. **Nutrition bonus:** Vitamin A (46% daily value), Zinc (29% dv), Iron (16% dv).

Chicken Potpie with Biscuits

hff hwh

Makes: 6 servings

Active time: 30 minutes **Total:** 1 hour 20 minutes

To make ahead: Prepare through Step 3; cool, cover and refrigerate for up to 2 days or freeze for up to 3 months. Let stand uncovered at room temperature while oven preheats. (If frozen, thaw overnight in the refrigerator before baking.) Bake until bubbling and golden, 50 to 55 minutes.

Cost per serving: under \$2

Creamy chicken stew topped with flaky biscuits is quintessential comfort food. In this skinnier version we use frozen mixed vegetables to keep it quick. (Photograph: page 74.)



Make easy even
EASIER!

Throw together the foolproof crust for this pie with a couple pulses of the food processor.

**Filling**

- 2 teaspoons canola oil
- 1 small onion, chopped
- 1 16-ounce bag frozen mixed vegetables, thawed
- ½ cup all-purpose flour
- 1 teaspoon dried thyme
- 1 14-ounce can reduced-sodium chicken broth
- ¾ cup nonfat milk
- 3 cups chopped cooked chicken breast (see Tip, page 82)
- ½ cup chopped flat-leaf parsley
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt

Biscuits

- 1½ cups whole-wheat or white whole-wheat flour
- 1 cup all-purpose flour
- 1 tablespoon baking powder

1½ teaspoons sugar

¼ teaspoon salt

4 tablespoons cold unsalted butter, cubed

5 tablespoons canola oil

¾ cup nonfat milk

1. To prepare filling: Heat oil in a large skillet over medium heat. Add onion; cook, stirring occasionally, until tender, 3 to 5 minutes. Add vegetables; cook, stirring, until hot, 2 to 3 minutes. Sprinkle with flour and thyme; stir to coat. Add broth and milk and stir until thickened, 4 to 6 minutes. Stir in chicken, parsley, pepper and salt. Transfer to a 9-by-13-inch (or 3-quart) baking dish.

2. Preheat oven to 350°F.

3. To prepare biscuits: Whisk whole wheat flour, all-purpose flour, baking powder, sugar and salt in a large bowl.

Add butter and rub together with your fingertips until the mixture begins to look like cornmeal. Drizzle with oil and toss to coat. Drizzle with milk and mix together. Turn dough out onto a lightly floured surface and knead a few times. Roll or pat the dough into a 10-by-6-inch rectangle, then cut into 6 biscuits. (Or use a cookie cutter, if you prefer.) Place biscuits on top of the filling with equal space in between (they'll only partially cover the top).

4. Bake the potpie until it is bubbling around the edges and the biscuits are light brown, 38 to 40 minutes. Let cool for 10 minutes before serving.

Per serving: 584 calories; 25 g fat (7 g sat, 11 g mono); 81 mg cholesterol; 59 g carbohydrate, 1 g added sugars; 34 g protein, 7 g fiber; 708 mg sodium; 658 mg potassium. **Nutrition bonus:** Vitamin A (91% daily value), Calcium & Folate (27% dv).

Vegetarian Quinoa & Squash Casserole

hW hF hV

Makes: 6 servings, about 1½ cups each

Active time: 30 minutes **Total:** 1 hour 20 minutes

To make ahead: Prepare through Step 2, transfer to a 3-quart baking dish; top with squash mixture (Step 3), cover and refrigerate for up to 2 days. Let stand at room temperature while oven preheats. Bake, covered, until bubbling at the edges and heated through, about 45 minutes.

Cost per serving: under \$4.50

An aromatic mixture of garlic, paprika, cumin, coriander, allspice and cayenne flavors this vegetarian chickpea and quinoa casserole. Frozen squash is a super-easy topping (Photograph: page 71)

3 tablespoons extra-virgin olive oil, divided

1 large onion, diced

1 tablespoon minced garlic

1 tablespoon paprika

2½ teaspoons ground cumin, divided

1 teaspoon ground coriander

¼ teaspoon cayenne pepper, or to taste

¼ teaspoon ground allspice

2 15-ounce cans chickpeas, rinsed

1 28-ounce can diced tomatoes

- 2 cups frozen chopped spinach
- 1 cup quinoa or whole-wheat
couscous
- 1/4 cup golden raisins
- 1 cup water
- 1/2 teaspoon salt, divided
- 2 10- to 12-ounce boxes frozen
pureed squash, thawed
- 1/4 cup finely chopped fresh cilantro

1. Preheat oven to 450°F
2. Heat 2 tablespoons oil in a large oven-proof skillet over medium heat. Add onion and cook, stirring occasionally, until tender and browned, 9 to 11 minutes. Add garlic, paprika, 2 teaspoons cumin, coriander, cayenne and allspice and cook for 30 seconds. Stir in chickpeas, tomatoes, spinach, quinoa (or couscous), raisins, water and 1/4 teaspoon salt. Cook, stirring, for 5 minutes. Remove from heat.
3. If thawed squash is watery, place in a fine-mesh sieve and gently press to extract excess liquid. Transfer to a medium bowl and stir in the remaining 1 tablespoon oil, 1/2 teaspoon cumin and 1/4 teaspoon salt. Spread the squash evenly over the chickpea mixture.
4. Cover the pan and bake until steaming hot, about 45 minutes for quinoa (15 minutes for couscous). Let cool for 5 minutes. Serve sprinkled with cilantro.

Per serving: 438 calories; 11 g fat (1 g sat, 6 g mono); 0 mg cholesterol; 76 g carbohydrate; 0 g added sugars; 15 g protein; 14 g fiber; 741 mg sodium; 1,088 mg potassium. **Nutrition bonus:** Vitamin A (204% daily value), Folate (57% dv), Magnesium & Vitamin C (40% dv), Iron (39% dv).

Broccoli, Ham & Cheese Quiche

h*w

Makes: 6 servings

Active time: 20 minutes **Total:** 2 hours

To make ahead: Prepare crust; cool, wrap and refrigerate for up to 1 day. Let stand at room temperature while you continue with Step 3 and preheat oven.

Equipment: 9-inch springform pan

Cost per serving: under \$2

This quiche is full of broccoli, Cheddar and smoky ham surrounded by a crispy hash brown crust. Look for precooked shredded potatoes in the dairy section or

in the produce section—or use frozen hash brown potatoes.

- 16 ounces precooked shredded potatoes or frozen hash browns (thawed)
- 1 1/4 cups liquid egg substitute, such as Egg Beaters, divided
- 2 tablespoons all-purpose flour
- 1 tablespoon canola oil or extra-virgin olive oil
- 1/4 teaspoon salt
- 2 cups finely chopped broccoli florets
- 1 cup shredded extra-sharp Cheddar cheese
- 3/4 cup finely diced smoked ham
- 3/4 cup reduced-fat sour cream
- 1/4 cup minced fresh chives
- 1/2 teaspoon freshly ground pepper

1. Preheat oven to 375°F. Generously coat a

- 9-inch springform pan with cooking spray. Line a rimmed baking sheet with foil.
2. If using hash browns, squeeze any excess moisture from the thawed potatoes. Toss shredded potatoes (or hash browns) with 1/4 cup egg substitute, flour, oil and salt in a medium bowl. Pat the mixture into the bottom and 2 inches up the sides of the prepared springform pan. Bake until the potatoes are beginning to brown at the edges, 35 to 40 minutes.
3. Fill the crust with broccoli, cheese and ham. Whisk the remaining 1 1/4 cups egg substitute, sour cream, chives and pepper in a medium bowl. Place the pan on the prepared baking sheet and pour the egg mixture over the filling.
4. Bake the quiche until the center is just set, 50 minutes to 1 hour. Let cool for 15 minutes. Run a knife around the edges to loosen the sides, remove the pan sides

Broccoli, Ham & Cheese Quiche



**Make quick even
QUICKER!**

Skip homemade pastry and use shredded store-bought potatoes instead to make a delicious, crispy, golden crust.

and cut the quiche into wedges.

Per serving: 296 calories; 16 g fat (7 g sat, 5 g mono); 42 mg cholesterol; 17 g carbohydrate; 0 g added sugars; 22 g protein; 2 g fiber; 603 mg sodium; 440 mg potassium. **Nutrition bonus:** Vitamin C (52% daily value), Vitamin A (26% dv), Calcium (22% dv), Iron (16% dv), Zinc (15% dv).

Fish & Mushroom Casserole with Crispy Phyllo

hfw hfh

Makes: 6 servings

Active time: 1 hour **Total:** 1 hour 25 minutes

To make ahead: Prepare through Step 3, cover and refrigerate for up to 1 day. Let stand uncovered at room temperature while you continue with Step 4 and preheat oven. Bake until bubbling and golden, 25 to 30 minutes.

Cost per serving: under \$5.50

This casserole features a crispy phyllo topping on a hearty stew full of mushrooms and chunks of cod swimming in a rich sherry sauce. Other firm white fish work too—use whatever looks best at the seafood counter. (Photograph: page 70)

Olive oil cooking spray

1 tablespoon extra-virgin olive oil

1 large onion, sliced

2 stalks celery, thinly sliced

2 pounds mushrooms, halved if small, quartered if larger

1½ cups dry or cream sherry (see *Tips, right*)

2 tablespoons tomato paste

¼ cup all-purpose flour

1½ cups low-fat milk

1½ pounds cod (see *Tips, right*), skinned and cut into 1-inch pieces

1 tablespoon chopped fresh dill or 1 teaspoon dried

¾ teaspoon salt

1½ teaspoon freshly ground pepper

5 sheets 14-by-18-inch phyllo dough or 10 9-by-14-inch sheets, preferably whole-wheat, thawed

1. Preheat oven to 425°F. Coat a 9-by-13-inch (or similar size 3-quart) baking dish with cooking spray.

2. Heat oil in a Dutch oven over medium heat. Add onion and celery and cook until

softened, 6 to 8 minutes. Add mushrooms and cook until they start to release their liquid, 6 to 8 minutes. Increase heat to medium-high and cook, stirring occasionally, until the mushroom liquid has evaporated, 12 to 14 minutes more.

3. Whisk sherry and tomato paste together and add to the pot. Cook, stirring occasionally, until reduced by about half, 5 to 7 minutes. Whisk flour and milk together and add to the pot. Reduce heat to medium and cook until thickened, 1 to 2 minutes. Stir in cod, dill, salt and pepper. Cook, stirring often, until the cod is just cooked through, 3 to 5 minutes. Transfer to the prepared baking dish.

4. Place one sheet of phyllo on a clean cutting board. (If you have smaller sheets, place two side by side.) Coat the phyllo with cooking spray. Cut into quarters. (Cut smaller sheets in half to get 4 pieces.) Using your fingertips, crumple each piece of phyllo so it resembles a little nest and place on the casserole. Repeat with the remaining phyllo, fitting the "nests" snugly together to form a tight layer. Evenly coat with cooking spray.

5. Bake the casserole until the top is golden brown and the filling is bubbling, 18 to 22 minutes. Let cool for 5 minutes before serving.

Per serving: 271 calories; 5 g fat (1 g sat, 3 g mono); 48 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 24 g protein; 3 g fiber; 517 mg sodium; 996 mg potassium. **Nutrition bonus:** Potassium (29% daily value), Folate (17% dv).

Tips: Skip "cooking sherry"—it is high in sodium. Instead, purchase dry sherry (or sweeter cream sherry) that's sold with other fortified wines in your liquor store.

For sustainably fished cod, look for wild-caught U.S. Pacific cod or Atlantic cod from Iceland and the northeast Arctic. For more information, visit seafoodwatch.org.

Sauerkraut & Sausage Casserole

hfw hfh hfh

Makes: 6 servings, about 1½ cups each

Active time: 40 minutes **Total:** 1½ hours

To make ahead: Prepare Step 2 and let cool; cover and refrigerate for up to 2

days. Let stand at room temperature; continue with Step 3 and preheat oven.

Cost per serving: under \$2

One bite of this hearty casserole—full of sauerkraut, apples and kielbasa—and you'll be transported to a tiny pub in the Alsace region of northern France. If you like, serve with extra mustard.

4 teaspoons extra-virgin olive oil, divided

1 large onion, sliced

1½ teaspoons caraway or fennel seeds

1 large sweet-tart apple, such as Braeburn, chopped

1 cup dry white wine

10 ounces turkey kielbasa, cut into ½-inch slices

2½ cups drained sauerkraut, rinsed

3 tablespoons cider vinegar

1 tablespoon spicy brown mustard

¼ teaspoon freshly ground pepper

2 large Yukon Gold potatoes (about 1½ pounds), thinly sliced

1 tablespoon butter, melted

¼ teaspoon salt

1. Preheat oven to 400°F.

2. Heat 2 teaspoons oil in a large skillet over medium heat. Add onion and cook, stirring, until beginning to brown, about 5 minutes. Stir in caraway (or fennel) seeds and cook until fragrant, about 30 seconds. Add apple and wine; increase heat to medium-high and cook, stirring, until most of the wine has evaporated, about 5 minutes. Stir in sausage, sauerkraut, vinegar, mustard and pepper. Transfer to a 9-by-13-inch (or similar 3-quart) baking dish.

3. Toss potato slices with the remaining 2 teaspoons oil, butter and salt in a bowl until coated. Cover the sauerkraut mixture with tightly overlapping potato slices.

4. Bake the casserole until the potato edges start to get crispy, 50 minutes to 1 hour. Cool for 10 minutes before serving.

Per serving: 273 calories, 7 g fat (3 g sat, 3 g mono); 26 mg cholesterol; 36 g carbohydrate; 0 g added sugars, 9 g protein; 5 g fiber; 675 mg sodium; 694 mg potassium. **Nutrition bonus:** Vitamin C (55% daily value), Potassium (20% dv).

Food writer Carolyn Malcoun is a contributing editor to EatingWell.

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Sauerkraut & Sausage Casserole

**Make simple even
SIMPLER!**

Assemble the filling for this casserole up to 2 days ahead, top with potatoes, then pop it in the oven when you're ready.

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GINGERED APPLE CHEDDAR SLAW

Makes 4 servings



Ingredients

- 2 tablespoons light mayonnaise
- 1 tablespoon rice vinegar
- 1 teaspoon finely grated peeled fresh ginger
- 1 Fuji apple
- 2 ounces Cabot Sharp Light Cheddar, coarsely grated (about 1/2 cup)
- 2 tablespoons coarsely chopped fresh cilantro

1 In medium bowl, whisk together mayonnaise, vinegar and ginger.

2 Cut apple into quarters and cut away cores. Cut quarters into thin slices, then stack several slices and cut into matchsticks.

3 Add apple, cheese and cilantro to bowl and toss gently to combine.

NUTRITION ANALYSIS: Calories 90, Total Fat 5g, Saturated Fat 2g, Sodium 136mg, Carbohydrates 9g, Dietary Fiber 1.5g, Protein 4.5g, Calcium 105mg

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→ **Jello Gets an Update**
Four fresh takes on this
favorite retro classic

All-Natural Jello Gorgeous, playful, molded fruit desserts like this Champagne Raspberry Jello are easy to make without a mix. In this grown-up variation, we combine cran-raspberry juice with Champagne and fresh berries for a sparkling crimson dessert. We add just a touch of sugar and skip artificial food coloring. On the following pages, we'll give you three more ideas for natural jello desserts and our tips for kid-friendly variations.

Wow 'em with Jello!

Treat your friends and family to one of our easy, elegant, all-natural fruit desserts

When I was a kid, jello was a weekly affair at our house. We got excited about choosing the flavor and which mold from my mom's vast collection to use. My dad brought home bags of jello mixes for us to try from the test kitchen at General Foods where he worked. My mom and I turned the boxes into shimmering colorful jewels. Each one was different. The main ingredient in those boxes was gelatin—an odorless, tasteless animal protein that can be used to thicken almost anything—providing infinite possibilities for the creative cook.

Today, I like to use unflavored gelatin to create my own, all-natural versions of the desserts I grew up with. My recipe allows me to control added sugar and eliminate artificial food colorings. I add fruit juice for color and bountiful fruit to make a healthier and tastier treat.

If you hear the word “Jell-O” and remember neon-red blobs on a school lunch tray, think again. These recipes include chartreuse Lime & Orange Jello, made with tart limeade and plenty of fresh citrus fruit, and apple- and grape-studded Sangria Jello, made with red wine and grape juice. See the opposite page for all four of our flavor combinations, plus step-by-step tips for success. For kid-friendly variations that can be eaten out of hand, see below. With these new takes on an old classic, you may find that jello becomes a weekly event at your house too.

—Patti Cook, M.S., Ed.D.



HOW TO MAKE JELLO JIGGLERS

To turn any of the jello desserts opposite into playful hand-held “jigglers,” follow the master recipe (right), with these variations.

In Step 2: Use 4 envelopes unflavored gelatin and opt for the nonalcoholic options for Liquid.

In Step 4: Skip the mold; dice all 2 cups of fruit and stir into the semi-set gelatin, then pour into a 9-by-13-inch pan.

In Step 5: Refrigerate for about 3 hours.

To serve: Cut into 16 squares.



Fresh Fruit Jello

h&w h&h

Makes: 10 servings

Active time: 20 minutes **Total:** 4½ to 5½ hours

To make ahead: Refrigerate up to 3 days; unmold before serving **Equipment:** 6-cup gelatin mold

Here is our master formula for making homemade jello. See “4 Fresh Ways to Jazz Up Jello” (opposite) for flavor inspiration or make your own custom dessert using our recipe as a guide.

Juice (see opposite)

1 cup cold water

3 envelopes unflavored gelatin

¼ cup sugar

Liquid (see opposite)

Fruit Decoration (see opposite)

Fruit Filling (see opposite)

1. Bring **Juice** to a boil in a small saucepan over high heat.
2. Meanwhile, pour water into a large heatproof bowl. Sprinkle gelatin over the water; let stand for 3 minutes. Add the juice and stir to completely dissolve the gelatin, 2 to 3 minutes. (See photo 1, opposite.) Add sugar and stir for 1 minute to dissolve. Whisk in **Liquid**.
3. Refrigerate until the mixture is the consistency of thin pudding and is just starting to set around the edges, 1 to 1½ hours. (See photo 2.) The time will vary depending on the size of your bowl and how cold your refrigerator is. After 1 hour, start checking every 5 to 10 minutes because it thickens quickly after that.
4. Gently but thoroughly whisk the mixture until it's uniform. Ladle just enough into a 6-cup mold to cover the bottom by about ½ inch. Nestle **Fruit Decoration** into the layer of jello, pushing it into any grooves in the mold. (See photo 3.) Gently ladle another thin layer of jello over the fruit. Mix **Fruit Filling** into the remaining jello in the bowl. Gently ladle the mixture into the mold and smooth the top. Cover the mold with its top or with plastic wrap, without touching the jello.
5. Refrigerate until very firm, about 4 hours. To test if it's ready, touch it with your finger. If the jello does not stick to your finger, it's done. (See photo 4.)
6. To unmold, moisten fingertips and gently pull the top edges of the jello away from the mold. Fill a bowl with warm water; dip the mold just up to its rim. Hold it there for 10 seconds. (See photo 5.) Take it out of the water. Place a large plate over the mold. Holding the mold and plate together, invert and gently shake to loosen. Slowly pull off the mold. Repeat, if necessary, if the jello doesn't slide easily from the mold.



Lime & Orange Jello

Sangria Jello

Mango-Strawberry Jello

4 Fresh Ways to Jazz Up Jello

Champagne Raspberry Jello (Photograph: page 79.)

Juice: 2 cups cran-raspberry or apple-raspberry juice

Liquid: 1 cup cold Champagne or sparkling white grape juice

Fruit Decoration: 1 cup fresh raspberries

Fruit Filling: 1 cup fresh raspberries

Per serving: 88 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 16 g carbohydrate; 10 g added sugars, 2 g protein; 2 g fiber; 7 mg sodium; 38 mg potassium.

Lime & Orange Jello

Juice: 2 cups limeade

Liquid: ½ teaspoon spirulina, dissolved (see Tip, page 82), plus 1 cup cold limeade

Fruit Decoration: 1 cup peeled orange segments

Fruit Filling: 1 cup diced mixed citrus fruit, such as orange, lime and/or grapefruit

Per serving: 84 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 20 g carbohydrate; 16 g added sugars; 2 g protein; 1 g fiber; 7 mg sodium; 56 mg potassium.
Nutrition bonus: Vitamin C (27% daily value).

Sangria Jello

Juice: 2 cups white grape juice

Liquid: 1 cup cold red wine or grape juice

Fruit Decoration: 1 cup chopped red apple

Fruit Filling: 1 cup halved green and red seedless grapes

Per serving: 94 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 18 g carbohydrate; 8 g added sugars, 2 g protein; 0 g fiber; 11 mg sodium; 71 mg potassium.
Nutrition bonus: Vitamin C (24% daily value).

Mango-Strawberry Jello

Juice: 2 cups mango juice

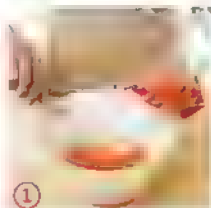
Liquid: 1 cup cold orange juice

Fruit Decoration: 1 cup sliced strawberries

Fruit Filling: 1 cup diced mango

Per serving: 89 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 21 g carbohydrate; 12 g added sugars, 2 g protein; 1 g fiber; 7 mg sodium; 132 mg potassium.
Nutrition bonus: Vitamin C (54% daily value), Vitamin A (17% dv).

5 Tips for Perfect Jello—Every Time!



1

Dissolve Gelatin Well
Soften for 3 minutes in water; then stir for 1 full minute after adding sugar and hot liquids. This method ensures that the gelatin dissolves completely.

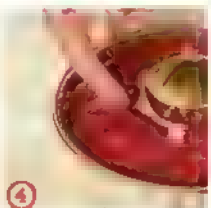


Get Your Chill On
Before adding the gelatin to the mold, chill the mixture until it's the consistency of thin pudding, but don't let it set completely or your jello will be lumpy.



3

Decorate Like a Pro
Add ½ inch of gelatin mix to mold, then nestle Fruit Decoration into the gelatin. It helps hold the fruit in place and makes a pretty design on the top of the finished mold.



4

Is It Ready?
To test if your dessert is ready to unmold, press a finger into the top. If jello sticks to your finger (pictured), it needs more chilling. It's ready when "the finger test" is clean.



5

Unmolding with Ease
Dip the mold just up to its rim in a bowl of warm water for 10 seconds. If the jello doesn't slide out of the mold easily, dip it into the water again.

If you don't have **leftover chicken** (pages 38, 74) for a recipe calling for cooked chicken, you can quickly cook chicken by poaching it. Place boneless, skinless chicken breasts in a skillet or saucepan. Add lightly salted water to cover and bring to a boil. Cover, reduce heat to a simmer and cook until no longer pink in the middle, 10 to 20 minutes, depending on size. (1 pound raw boneless, skinless chicken breasts = about 2½ cups chopped or shredded cooked chicken.)

Look for prepared **Thai green curry paste** (page 68)—a fiery mixture of green chiles and Thai seasonings—in the Asian section of large supermarkets. The heat and salt levels vary depending on brand. Be sure to taste as you go.

Fish sauce (page 68) is a pungent Southeast Asian condiment made from salted, fermented fish. Find it in the Asian-food section of well-stocked supermarkets and at Asian specialty markets. We use Thai Kitchen fish sauce, lower in sodium than other brands (1,190 mg per tablespoon), in our recipe testing and nutritional analyses.

Look for **lemongrass** (page 68)—a woody, scallion-shaped herb with an aromatic lemon flavor—in the produce department of well-stocked supermarkets or Asian food shops. To

use, trim off the root end and grassy top. Peel off the woody outer leaves. Thinly slice the softer inner stalk, then finely chop.

Depending on your supermarket, it might be hard to find a lean option for **ground pork** (pages 28, 66, 68). But it's easy to make your own in a food processor. Choose a lean cut, such as loin or tenderloin. Cut into pieces and then pulse in a food processor until uniformly ground (being careful not to overprocess, turning the meat into mush). Or ask your butcher to grind it for you. Using lean pork or lamb instead of regular ground pork saves up to 164 calories and 5 grams of saturated fat per 3 ounces of cooked meat.

Spirulina (page 81)—dark green edible plankton—is sold in powdered form (bulk or in capsules) near supplements. Once dissolved in water, it can be used in place of artificial food dye to add dark green color to things like homemade jelly. To dissolve, place ½ teaspoon in a 1-cup glass measure. Slowly stir 2 tablespoons very warm water into the spirulina. Stir until it's completely dissolved. Add more dissolved spirulina, if desired, for a darker green color.

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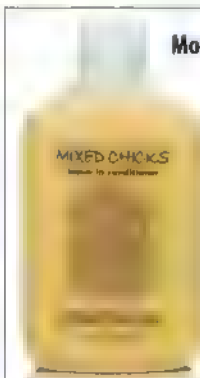
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A Place at the Table

What happens when the heart of the home—the kitchen—disappears?

By Marcelle Saviero

We see the stars through plastic sheathing where the roof of our home should be. “Is that the Big Dipper?” my youngest son asks, looking upward, scooping Chinese noodles into his mouth, the third takeout meal this week. “It could be,” I shout over the staccato punch of a nail gun.

The men are working late; the deadline has passed for our kitchen renovation, a project Eric and I have been planning since we married and chose this particular roof under which to raise our five kids, now ages 9 to 15. The house, built in 1872, was old and crooked, but seemed perfect—except the kitchen, which was no bigger than a walk-in closet.

But even my husband, who is the chef in our home, and a man who prides himself on fixing fine family dinners every day of the week, wanted the house.

Now six years later, our goal is to transform our shoebox kitchen into a room big enough for a table that will serve as a center for our family life. A table like the one I had in the kitchen of my childhood home, where I’d spend hours making Aunt Jewel’s raspberry bows with my mother, dipping each cookie in powdered sugar and placing them in boxes for delivery to someone for a birthday, always reserving four cookies for my siblings and me, which we’d eat with sweet tea.

I miss the table in that kitchen, the one long gone, where Aunt JoAnne and Nona would sit when they came for Sunday visits, the smells of roast chicken with rosemary lingering while they sipped strong coffee and I ate Nona’s cinnamon crumb cake. At the kitchen table they would sort things out—Aunt Milly’s recipe for meatballs, what to bring to Dotty’s potluck supper. I was a young listener then, the one who made the turkey-shaped place cards for the Thanksgiving table and finally, after years of being mentored, the thick turkey gravy for the meal. I believed the feeling around our kitchen table was different—and whatever was eaten there tasted better—than when I was a guest at other people’s homes.

Now I believe meals with my own children taste best. I miss

my husband’s *boeuf bourguignon* simmering all day in the copper-bottomed pot on the stove and the children coming in the door after school and immediately asking, “What’s for dinner?” And I think back to how conversations over homemade ravioli helped form the connection Eric and I have to our five children and they to each other. When our children were younger our dinner conversation—tied directly to their attention spans—was short. But as the children have grown, our dinner conversations have lengthened, though they’re still sometimes punctuated with an impromptu rendition of “A Spoonful of Sugar” or a set of knock-knock jokes.

As the renovation continues, I’ve missed our meals more than I expected to. I don’t like the Chinese takeout—each of us receiving a different dish. I like eating the same meal together, and Eric and I never allowed ourselves to become short-order cooks catering to different childish palates. I miss setting the table and lighting the candles each evening, and folding napkins that finally make it to the children’s laps.

I tell myself we’re doing the right thing spending all this money on a larger kitchen that can fit the 10-foot table, made from reclaimed pine, that we bought long ago. Soon enough, we’ll turn in the takeout menus and return to Eric’s braised lamb chops or seven-layer lasagna. But for now the table is in storage and there’s a hole in the floor where the stove should be.

As another wall gets whacked, I imagine the memories and moments stored within the cracks of these plaster walls and I think about how I want this kitchen to always be the place my children return to. A place to enjoy all the suppers and holidays still to come. Too, I imagine how years from now they might come back here after life’s adventures lead them away. How I’ll want them to return and gather around the big wooden table, well worn from years of meals and good conversation.

Connecticut writer Marcelle Saviero’s kitchen is finally complete.



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